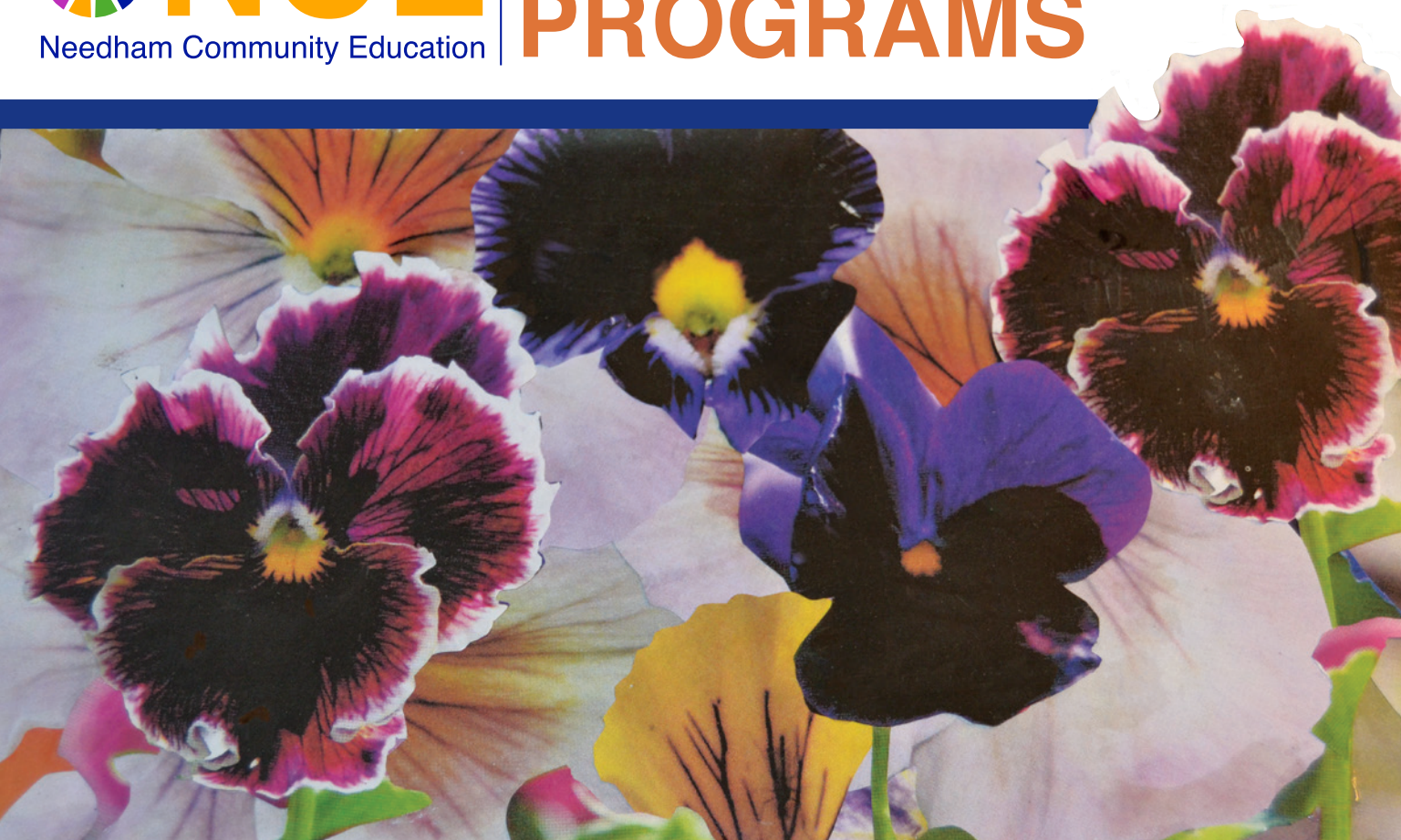




Needham Community Education

# NCE | ADULT PROGRAMS



## **Needham Adult Education Catalog**

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

## **Winter/Spring 2018**

## Superintendent

Daniel E. Gutekanst

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Aaron Pressman, Vice-Chair

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## Catalog

Cover Art: Dina Troen-Krasnow, Flying Colors Mosaics, [www.flyingcolorsmosaics.com](http://www.flyingcolorsmosaics.com).

Dina used old NCE Adult Winter/Spring catalogs to create a beautiful collage for the inaugural cover of the new NCE Adult catalog design. See her Mosaics class on page 11.

Catalog Design and Layout:

Fabienne Madsen

[FabienneMadsenDesign.com](http://FabienneMadsenDesign.com)

## Needham Community Education

Needham Community Education (NCE) is an office of the Needham Public Schools and combines a number of out-of-school time programs into one administrative office. Programs are self-sustaining and include Adult programs, High School programs, Elementary and Middle School programs, a Kindergarten After School program, and Summer Programs.

Through our Adult Education program, we hope to provide quality lifelong learning experiences that are accessible to a wide range of community members – sometimes including TEENS and CHILDREN.

View this catalog online on the adult education page of the Needham Public Schools website at [www.needham.k12.ma.us](http://www.needham.k12.ma.us) and click on Community Ed and Adult Education.

## Non-Discrimination Policy

The Needham Public Schools do not discriminate on the basis of age, race, color, sex, gender identity, religion, national origin, sexual orientation or disability, and ensure that all students and employees have equal rights of access and equal enjoyment of the opportunities, advantages, privileges and courses of study.

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Telephone: 781-455-0400 x235

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Website: [www.needham.k12.ma.us](http://www.needham.k12.ma.us) and click on Community Ed and Adult Education

Office Hours: 8am-4pm, Monday-Friday

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## 4 Easy Ways to Register!

### Online

Online:  
[www.schoolpay.com/link/NCEAdultWS18](http://www.schoolpay.com/link/NCEAdultWS18)



By Phone:  
781-455-0400 X235  
Give us a call any time between  
8:00 and 4:00, Monday-Friday,  
and we will be happy to assist.



By Mail:  
Mail registration form  
and payment to: NCE  
1330 Highland Ave.  
Needham, MA 02492

### Walk-in

We love visitors!  
Come register in person at NCE  
1330 Highland Ave. (1st floor)  
between 8:00 and 4:00,  
Monday-Friday.

## Become a Needham Public Schools Community Volunteer!

The Needham Public Schools Community Volunteer program offers you the opportunity to give back to the community in a meaningful way, while engaging with the students, administrators, and teachers who make the Needham Public Schools so special. As a volunteer, you are matched with the volunteer opportunity that best suits your skill-set and personality. You will receive orientation and training prior to beginning your placement.

For information and an application, contact Carolyn Colonna, Community Volunteer Director, at 781-455-0400 x223 or [Carolyn\\_Colonna@needham.k12.ma.us](mailto:Carolyn_Colonna@needham.k12.ma.us).

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**Note:** All programs can be made handicapped accessible. If you have any disability that would require special accommodations, please call the NCE office.

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## Dear NCE Community Member,

It has been such a pleasure meeting many of you over the first few months in my new role as NCE Adult Programs Director. Our community of learners share a joy for learning, a great deal of curiosity, and quite a lot of creative talent. How exciting it has been to compile our latest session of offerings to satisfy your wide range of interests!



As you peruse the NCE Winter/Spring Catalog, I hope you will be enticed to register for at least one class. Better yet, I hope that some of your friends or family members who have not yet experienced an NCE offering will find a program that excites them. Please encourage your family and friends to check out the latest catalog and join you in registering for a program (or more than one) in the upcoming session.

We are blessed to have such outstanding instructors who choose to share their passions, knowledge and skills with our community members. If you have any suggestions for new classes or would like to recommend someone to teach through NCE, please email me or call me. Your recommendations are greatly appreciated as I make every effort to provide exceptional programming.

As you probably have noted, this catalog has a whole new look. I am thrilled with the design and hope it reflects an evolution in NCE Adult Programming. Recognizing the diversity of our community, NCE wants to respond by: offering enrichment opportunities for all age groups; addressing the range of scheduling needs of our population; offering classes at various price points, and appealing to a broader spectrum of interests. **New look...same great classes and value...more options that will appeal to more people!**

See you in class!

Amy Goldman  
Amy\_Goldman@needham.k12.ma.us  
781-455-0400 x214

## What students are saying about NCE Adult Programs:

*"I have taken a number of language classes and this instructor was the best!"*

*"The helpful environment the instructor brings to the class is wonderful."*

*"The class was a tremendous value and the instructor was pleasant and knowledgeable."*



# Classes by Day (Classes in orange are daytime offerings)

## Monday

Blue Lotus Yoga Tune Up, 16, **NEW**  
 Basic Watercolor Workshop, 9  
 Watercolor Painting I (for Seniors), 10  
 Upholstery, 24  
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 College Application Process:  
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 Mosiacs, 11, **NEW**  
 Barre3, 14  
 Blue Lotus Sunrise Flow Yoga, 16, **NEW**  
 Body Weight Conditioning, 13  
 EasYoga for Older Adults, 15  
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 Self-Defense: Combat Sambo (for Adults & Children), 17  
 Stress Management Skills for the Sandwich Generation, 20, **NEW**  
 Joint Pain Relief and Prevention, 19, **NEW**  
 A Good Night's Sleep, 19, **NEW**  
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 Blue Lotus: Meditation Three Ways, 16  
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 Owning Your Career Search, 20, **NEW**  
 Cooking with Seasonal Produce, 21 **NEW**  
 Cooking Basics, 21, **NEW**  
 Downsizing: A Fresh Look at Living with Less, 24, **NEW**  
 Sell Your House Yourself, 24  
 Vegetable Gardening: Planning, Planting and Maintaining, 25, **NEW**  
 Social Security: What You Need to Know for Municipal Employees, 26  
 History of Modern Art, 30, **NEW**  
 Mah Jongg for Beginners, 27, **NEW**

Advanced Beginning Spanish, 29  
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 Broadway Piano Bar, 31, **NEW**  
 Writing Your Memoir, 18  
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 Body Weight Conditioning, 13  
 Intro to Tai Chi & Qigong, 17  
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 Self-Defense: Combat Sambo (for Adults & Children), 17  
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 Explore Microsoft Office, 23, **NEW**  
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 Healthy Gluten-Free Cooking @ True Taste Seasonal Kitchen (evening class), 21, **NEW**  
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## Saturday

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 Reiki Level 1 Certif. Class, 19-20, **NEW**  
 Zero Energy Home, 25  
 SAT Prep, 32

## Sunday

Parent/Child Stroll: Explore the Vernal Pools in the Eastman Conservation Area, 8, **NEW**  
 American Craft Whisky Tasting with Mediterranean Tapas at Juniper, 21, **NEW**  
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Classes by Day

# Directions

# Directions

## Class Locations

### *Needham High School (NHS), 609 Webster Street*

**Please note that, beginning in mid-February, the Webster Street entrance to the school will be closed, due to construction. You may still access the Webster Street lot from the Admiral Gracey Drive entrance, or simply park in the Admiral Gracey Drive lots.**

For many classrooms, including those in the 200s, 400s and 700s, the easiest entrance is through the new lobby, which can be accessed from the parking lots on both the Webster Street and Admiral Gracey Drive sides of the school. There will either be signs or a staff member to direct you to your class.

For classes in the 600s, 800s or 900s, it is easier to use an entrance off of the front parking lot at the top of Admiral Gracey Drive (off of Kingsbury St.). From the parking lot, you can enter the building on the far left of the school, using the bank of doors next to the gym.

**From Wellesley:** Take Great Plain Ave. through Needham center. Take a left at the first traffic light after the business district onto Webster St. Go about 1/2 mile; turn left onto Kingsbury St., then take your first right onto Admiral Gracey Drive.

**From Dedham:** Take Dedham Ave. (Rte. 135) towards Needham Center. About 1/2 mile past Defazio Field on right, make a right onto Webster St. Go straight through light at Great Plain Ave. Go about 1/2 mile more; turn left onto Kingsbury St., then take your first right onto Admiral Gracey Drive.

**From Newton:** Take Needham St. (becomes Highland Ave. in Needham). Cross over 1-95/128. At second light, take a left onto Webster St. Proceed 1/2 mile; turn right onto Kingsbury St., then take your first right onto Admiral Gracey Drive.

**Pollard Middle School**, 200 Harris Avenue: Between Great Plain Ave. and Dedham Ave. From Needham Center, take Dedham Ave. Take second left onto Harris Ave. School is 1/4 mile ahead on the right.

**High Rock School**, 77 Ferndale Road: From Needham Center, take Great Plain Ave. west towards Wellesley. Make a left at the post office onto Linden St., go about 1/4 mile and then make a right onto Sylvan Rd. Make the next right onto Ferndale Rd. into the front parking lot of High Rock.

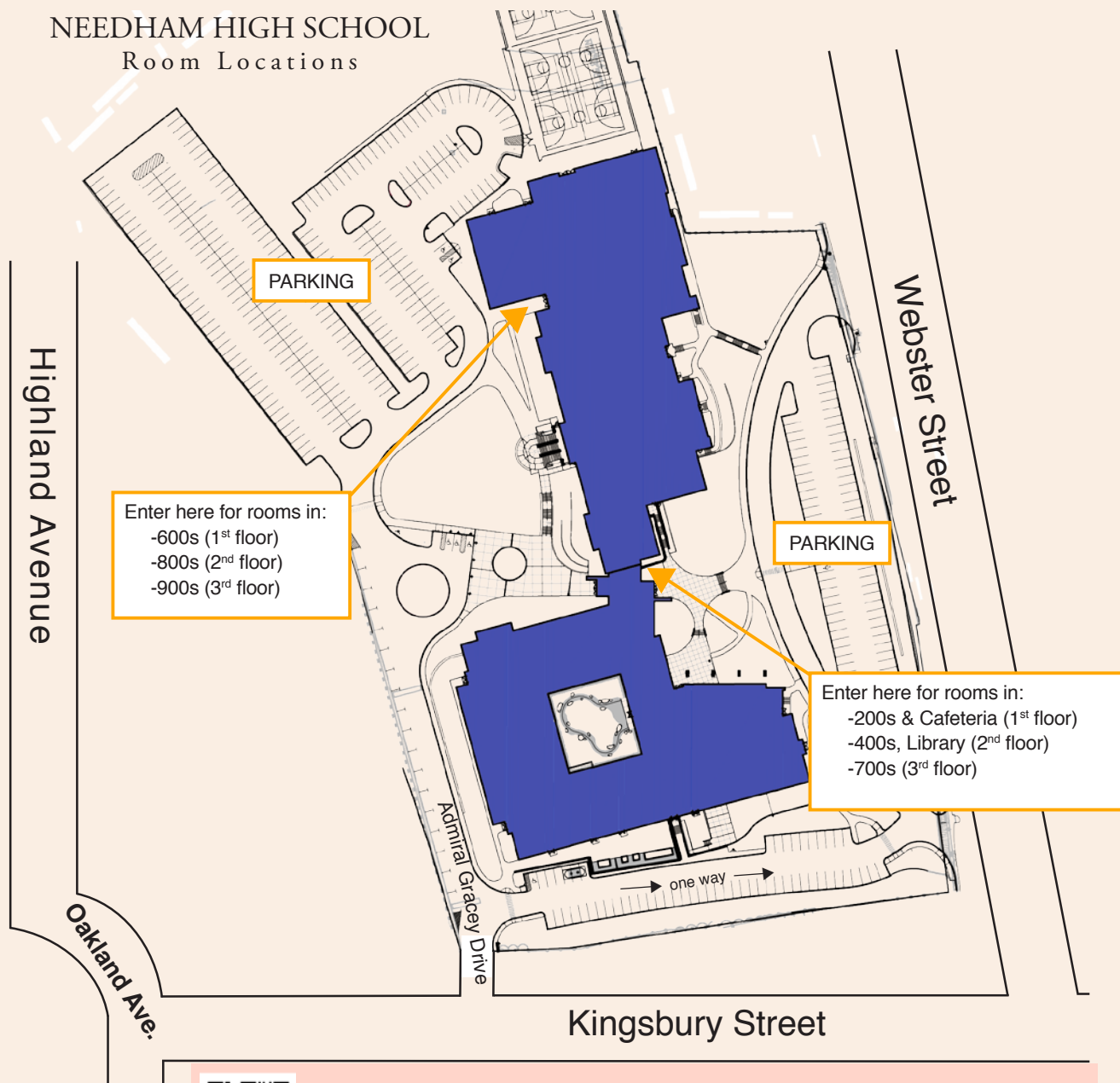
**Broadmeadow Elementary School**, 120 Broadmeadow Road: From Needham Center, take Great Plain Ave. towards Dedham. Follow Great Plain Ave. 3/4 mile to Hersey train station on right. Take next left onto Broadmeadow Rd. Follow Broadmeadow Rd. 1/4 mile to school on right.

**Eliot Elementary School**, 135 Wellesley Avenue Located off of Central Avenue about 1/2 mile from the Newton line. From Central Avenue, take Cedar Street, and make the 1st left onto Wellesley Avenue. School driveway is straight ahead at stop sign.

**The Center at the Heights** (Senior Center), 300 Hillside Avenue: Located at the corner of Hillside Avenue and West Street, near the Needham Heights stop on the commuter rail.

# Needham High School Map

## NEEDHAM HIGH SCHOOL Room Locations



Scan for a more detailed map of room locations at Needham High School, or view the Campus Map at [www.needham.k12.ma.us](http://www.needham.k12.ma.us) (click on *Community Ed* and *Adult Ed.*)

## Commonwealth Ave: Boston's Grand Boulevard **New!**



*Boston by Foot Guide*

Boston's grand boulevard, Commonwealth Avenue, provides an enduringly popular stroll. The tour parallels the 19th century filling (using fill from Needham!) and development of Back Bay from its origin at Arlington Street, down the seven blocks along the tree-lined grassy Mall. See how careful effort over 150 years has preserved the "grandness" of the Avenue. The tour will take place rain or shine. Children in strollers are welcome at no charge. Limited to 20.

*Date: Saturday, April 28 Time: 2:00-3:30PM*

*Location: Meet the guide at the George Washington statue in the Public Garden, corner of Arlington St. and Commonwealth Ave.*

*Fee: \$15 Code: 14000*

## Cambridge Common **New!**



*Boston by Foot Guide*

Founded in 1631, Cambridge Common Park was once the common pasture for Old Cambridge. Later it served as an encampment for the Continental Army. Today it's home to playgrounds and ball fields, surrounded by historic houses, churches, and buildings of Harvard University. We'll explore nearly 400 years of history & architecture on our loop of Cambridge Common. The tour will take place rain or shine. Children in strollers are welcome at no charge. Limited to 20.

*Date: Saturday, May 5*

*Time: 2:00-3:30PM*

*Location: Meet the guide at the main entrance to the Harvard Sq. MBTA station, near Out of Town News*

*Fee: \$15 Code: 14001*

## Brahmins of Back Bay: Notable and Notorious **New!**



*Boston by Foot Guide*

The "Boston Brahmins" have a reputation for being exclusive and elitist, but many of these nineteenth-century upper-class men and women were active in making our city—and the whole nation—a better place to live. They fought to abolish slavery and to recognize women's rights, and they built libraries, colleges, museums and orchestras. On this tour we will visit the place where Isabella Stewart Gardner lived before she transformed a Venetian Palace into a museum, and the home of Julia Ward Howe, who fought for women's rights and started one of the first women's clubs. We will

see three of the men's clubs formed after the Civil War; each had a distinct personality, and furthered a variety of good causes, including contemporary art, philanthropy, and political reform. We conclude at Copley Square with Phillips Brooks, who brought the social gospel to his wealthy parishioners and won the hearts of Boston's rich and poor. The tour will take place rain or shine. Children in strollers are welcome at no charge. Limited to 20.

*Date: Saturday, June 2*

*Time: 2:00-3:30PM*

*Location: Meet the guide at the corner of Arlington and Boylston Streets, in front Arlington Street Church*

*Fee: \$15 Code: 14002*

## Parent & Child Stroll: Explore the Vernal Pools of Eastman **New!**



*Sarah Huber, Instructor*

For parents/caregivers eager to explore the outdoors with their school age child - join us for an afternoon of pond investigation as we stroll through the Eastman Conservation area. We will see what creatures we can find in the two vernal pools located in Eastman, and we will stop at the pond to watch the turtles and fish. Located behind the Newman School, Eastman features 0.3 miles of accessible boardwalk that winds its way through forest and wetland. The Science Center will provide nets and microscopes, you provide your boots and enthusiasm. Open to children ages 5 and up (when accompanied by an adult). The class will be held in a light rain; you will be contacted if weather causes a cancelation. Limited to 8 adult and child pairs.

*Date: Sunday, May 6*

*Time: 3:00-4:30PM*

*Location: Meet at the Newman Preschool parking lot, on the left side of the Newman School*

*Fee: \$35 adult & child pair Code: 14042*

## Viewing Together at the Davis Art Museum



*Elizabeth Spencer, Instructor*

Experiencing art in new ways can help us to refine our ability to see, be present in the moment, open ourselves to ambiguity, and not rush to judgment. It can help us reach toward new experiences, and even enjoy the unknown. This two-session workshop will introduce you to Visual Thinking Strategies (VTS), a way to look at art and engage with the possibilities. VTS is a method and tool used to develop observation skills and deepen our experience of art – and it's fun! You



# Create and Make *(Fine Arts and Crafts)*

will be instructed and led by a former docent of the Davis Art Museum, as you browse the galleries there, enjoy viewing art with others, and expand your ability to engage with works of art. Class will meet at 11am sharp in the lobby of the Davis Art Museum, on the Wellesley College Campus. **Note: Admission to the museum is free.** Limited to 10.

*Dates: 2 Wednesdays, February 28-March 7*

*Time: 11:00AM-12:30PM*

*Location: Davis Art Museum, Wellesley College, 106 Central Street, Wellesley*

*Fee: \$59 Code: 10146.2*

## Beginning Acrylic Painting

*Eddie Bruckner, Instructor*

Acrylic paint, the chosen medium for many amateur and professional artists, is versatile, non-toxic, easy to clean, and offers brilliant color. Acrylic paints provide great opportunities to learn about values, color, mixing paints, brushwork, and more. If this is appealing to you – join us for this fun and informative class to learn the basics of painting with acrylics and/or to expand your artistic abilities. Class will be appropriate for beginners as well as those with some prior experience painting with acrylics. We will cover acrylic painting techniques, basics of composition, color theory, and learn the various ways to mix and apply paint. Class work will include a variety of painting projects including imaginative and observational painting, landscapes, seascapes, still life, and more. Students will receive both group and individualized instruction to develop at their own pace. Returning students are encouraged to participate to further advance their painting skills with an emphasis on strengthening technique and promoting self-expression. **A materials list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 12.

*Dates: 8 Wednesdays, April 4-May 30 (no class 4/18)*

*Time: 6:30-9:00PM*

*Location: Needham High School, Room 903*

*Fee: \$185 Code: 10144.2*

## Chinese Ink Brush Painting

*Nan Rumpf, Instructor*



This workshop is designed for adults and teens who would like to learn to interpret nature with brush, ink and watercolor. We will try to capture the essence of our natural world using expressive gesture strokes based on Asian ink brush painting traditions. No previous experience is required. Join us to learn new skills

or brush up on your old skills. This class can also be helpful to watercolor artists as it can expand their repertoire of expressive brushstrokes. The subjects for this series will be: cat, morning glory, waterfall, and two birds with spatter spray technique. **A materials list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Ed. Limited to 10.

*Dates: 5 Saturdays, March 3-April 7 (no class 3/31)*

*Time: 9:30-11:30AM*

*Location: Needham High School, Room 907*

*Fee: \$145 Code: 10133.2*

## Basic Watercolor Workshop

*Sally Meding, Instructor*

This class will be geared for beginning watercolor students as well as those with some background who can benefit from more practice with the basic techniques. We will cover the tips and techniques to jump-start your creativity. With this vibrant transparent medium, we will learn wet-in-wet, wet on dry, dry brush, sgraffito, masking, and texturizing techniques. We will explore how much water-to-pigment to use, color mixing, and glazing. There will be step-by-step demonstrations during each class and several complete paintings will be taught in a fun, relaxed atmosphere. Drawing skills are a plus, but not required. **Note: A materials fee of \$15 is payable to the instructor in class for copying of materials. A materials list will be posted by class title on the district website** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 12.

*Dates: 8 Mondays, February 26-April 23 (no class 4/16)*

*Time: 6:30-9:00PM*

*Location: Needham High School, Room 903*

*Fee: \$179 Code: 10102.2*

## Intermediate Watercolor Workshop

*Sally Meding, Instructor*

This class will be geared for those who have mastered basic watercolor skills through classes and/or experience. A variety of projects will be presented and designed to further develop your techniques and style in this vibrant transparent medium. Detailed demonstrations will be included during each class. Edge control and continued exploration of color mixing will be the areas of concentration for this session. Drawing skills are a definite plus, but not essential. A short, positive critique will be offered at the end of each project. **Note: A materials fee of \$15 is payable to the instructor in class for copying and some art materials. A mate-**

Paint

materials list will be posted by class title on the district website: [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 12.

Dates: 8 Thursdays, March 1-April 26 (no class 4/19)

Time: 6:30-9:00PM

Location: Needham High School, Room 903

Fee: \$179 Code: 10140.2

## Watercolor Painting I for Seniors



*Sally Meding, Instructor*

This class will be geared for the complete beginner who has had little or no experience in watercolor. We will work on a number of skill-building exercises and small paintings, including washes, dry brush, sgraffito, spattering, masking and texturing techniques. We will explore how much water to pigment to use to create tints, glazes and deep dark shades, together with an introduction to color mixing. There will be step-by-step demonstrations each class to help you learn the basic techniques of painting with this vibrant transparent medium. **Note: A materials fee of \$15 is payable to the instructor in class for copying of materials. A materials list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 12.



Dates: 8 Mondays, February 26-April 23 (no class 4/16)

Time: 1:00-3:30PM

Location: The Center at the Heights

Fee: \$179 Code: 10135.2

## Watercolor Painting II for Seniors



*Sally Meding, Instructor*

This class will be geared for advanced beginners/intermediates who are looking to improve and expand upon their watercolor skills, particularly with washes, glazing, and softening edges. We will briefly review basic techniques and then continue to build basic skills by repetition with new subject matter. Edge control and continued exploration of color mixing will be the areas of concentration this session. There will be step-by-step demonstrations during each class and several complete paintings will be taught in a fun, relaxed atmosphere. Drawing skills are a plus, but not essential. A short positive critique at the end of class is offered. **Note: A materials fee of \$15 is payable to the instructor in class for copying and some art materials. A materials list will be posted by class title on the district website**

[www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 12.

Dates: 8 Thursdays, March 1-April 26 (no class 4/19)

Time: 1:00-3:30PM

Location: The Center at the Heights

Fee: \$179 Code: 10139.2

## Relief Block Printmaking New!

*Anne Nydam, Instructor*

Did you make a linoleum block print once in high school? Maybe it was years ago and you haven't tried since. Or maybe you've never had the opportunity to make a block print, a distinctive and dramatic art form with a long history and a modern feel. In this class you will learn how to carve and print a relief block using rubber, which is softer and easier (and safer) to carve than linoleum or wood. You will have the opportunity to work on a variety of projects in a variety of techniques, from note cards to limited edition artwork. Whether you've tried your hand at printmaking before or are new to the art, you're sure to learn, improve your artistic skills, and have fun. **Note: A materials fee of \$20 is payable to the instructor in class.** Limited to 12.

Dates: 4 Wednesdays, March 7-March 28

Time: 6:30-8:30PM

Location: Needham High School, Room 809

Fee: \$125 Code: 14003

## Beginning Drawing I

*Eddie Bruckner, Instructor*

This relaxed introductory class will be geared for those who have never taken a drawing class before. We will cover the various drawing materials, basic drawing techniques, how to arrange a composition, and the variety of lines and tones used to bring a drawing to life. Through a variety of projects, you will discover the elements of line, contour, form, value, texture, composition, proportion, shading, and perspective. Using various materials, you will also explore the principles of light and shade and how line helps to reveal form. Class work will include a number of drawing exercises and projects including imaginative and observational drawing, landscapes, seascapes, still lifes, and more. A combination of group and individual instruction in a supportive atmosphere will help students develop at their own pace – join us to discover your own innate artistic ability! Returning students are encouraged to participate to further advance their drawing skills with an emphasis on strengthening technique and promoting self-expression. **A materials**

# Create and Make *(Fine Arts and Crafts)*

**list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Ed. Limited to 12.

*Dates: 7 Tuesdays, February 27-April 24*

*(no class 3/13 and 4/17)*

*Time: 6:30-9:00PM*

*Location: Needham High School, Room 907*

*Fee: \$165 Code: 10116.2*



*Students sharpening their drawing techniques in Beginning Drawing I class.*

## Beginning Drawing II

*Eddie Bruckner, Instructor*

Beginning Drawing: Level II is appropriate for those who previously took Beginning Drawing, Beginning Drawing: Level I, or who have at least some basic study of drawing or painting. We will cover additional drawing techniques using familiar as well as new drawing materials, learning about proportion, visual measurement, the interplay of observation, imagination, and memory, gesture drawing, contour versus outline, negative shapes, understanding overlaps and plane changes, perspective, light on form, composition, and the variety of lines and tones used to bring a drawing to life. Through a variety of class and independent projects, you will gain a deeper understanding of line, contour, form, value, texture, composition, proportion, shading, and perspective. Class work will include a number of drawing exercises and projects including imaginative and observational drawing, landscapes, seascapes, still lifes, and more. A combination of group and individual instruction in a supportive atmosphere will help students develop at their own pace. **A materials list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Ed. Limited to 12.

*Date: 6 Tuesdays, May 8-June 12*

*Time: 6:30-9:00PM*

*Location: Needham High School, Room 907*

*Fee: \$139 Code: 10141.2*

## Mosaics New!

*Dina Troen-Krasnow, Instructor*

Mosaic artist, Dina Troen-Krasnow, invites you to her studio to learn the fundamentals of mosaics along with different techniques and styles of mosaics. All materials will be provided for creating your own work, but you should feel free to bring special tiles, shells, rocks etc to include in your mosaic piece. Limited to 8.

*Dates: 4 Tuesdays, March 6-March 27*

*Time: 6:30-9:30PM*

*Location: Gorse Mills, 31 Thorpe Rd.,*

*Needham, Studio 204*

*Fee: \$160 **Price change!** Code: 14043*



## Knitting: Beginning and Beyond

*Kate Murray, Instructor*

Join this multi-level knitting class, perfect for beginners to learn the basics, including how to cast on, knit, purl, and bind off. Class is also appropriate for those with some experience knitting who wish to practice and perfect their skills. The instructor will bring knitting needles and sample yarns to the first class to teach the basic skills, and will provide instructions on how to choose a project for the course. The Black Sheep Knitting Company, at 1500 Highland Ave. in Needham, offers a 10% discount on supplies for students in this class. Please bring your email confirmation (confirming your registration in the class) to the shop before the second class so the staff can assist you in choosing your project. Students are also welcome to bring a basic unfinished project to class, if they choose. Limited to 10.

*Late Winter Session*

*Dates: 6 Tuesdays, February 27-April 3*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 902*

*Fee: \$145 Code: 10324.3*

*Spring Session*

*Dates: 6 Tuesdays, April 24-May 29*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 902*

*Fee: \$145 Code: 10324.4*

Draw & Create



## Make Your Own Cold Press Soaps

**New!**

*Jennifer Marie Hofmann, Instructor*

This class will introduce you to the basics of making cold process soap. Cold process soaps are created by blending oils (or fat) with a lye mixture. In turn, the soap saponifies over the next twenty-four hours, turning the lye-oil mixture into a solid bar of soap! The class will cover the following:

- Brief history and basic chemistry of soap making
- Necessary materials, supplies and equipment
- Safety considerations when working with sodium hydroxide
- Taking accurate measurements & proper mixing temperatures
- Coloring your soap (micas, labcolors, herbs, spices & clays)
- Scenting your soap (fragrance oils verses essential oils)
- Preparing your molds and molding options
- Insulating, cutting, curing and storing your finished soap

You will make your own 1lb batch of soap to take home with you, and you will be given a mold and thorough instructions so you can make future batches on your own. This class uses only vegetable based ingredients.

**Students must be 18 years or older.** Limited to 8.

*Date: Thursday, April 5*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 807*

*Fee: \$85 Code: 14004*

## Make Your Own Scrubs, Balms and Butters **New!**

*Jennifer Marie Hofmann, Instructor*

Do you know the difference between balms and butters? Or that there are many types of scrubs (from solid, liquid, to emulsified) that you can make at home? In this class, you will be introduced to techniques for making scrubs, balms, and butters. You will make your own solid lotion bar, an emulsified sugar scrub, liquid sugar scrub, and body butter. Jennifer will also provide students with a thorough set of handouts and recipes on how to make other bath products, along with links to suppliers. Limited to 8.

*Date: Wednesday, April 25*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 807*

*Fee: \$85 Code: 14005*

## Parent & Child Glass Fusing Workshop



*Michel L'Huillier, Instructor*

In this 2-hour workshop, you will learn the basics of glass fusing techniques and have fun playing with colors and shapes. Through a series of engaging exercises, parents/caregivers and children will work together with precut glass pieces, glass frits and stringers, and glass powders and stencils. Each participant will create multiple small pieces, necklaces, and one small bowl or plate. Student creations will then be fused in the kiln after the class. Participants will receive an email once the projects are available to be picked up from the NCE office. **Note: A materials fee of \$75 (per adult and child pair) is payable to the instructor for the fusible glass and firings.** Students should wear close-toed shoes. This class is appropriate for children 7-12 years old, when accompanied by an adult. Limited to 10 adult and child pairs.

*Date: Saturday, March 3*

*Time: 2:00-4:00PM*

*Location: Needham High School, Room 807*

*Fee: \$69 per adult & child pair Code: 10389.2*

## Parent & Child Mosaic Glass Jewelry Workshop



*Michel L'Huillier, Instructor*

Using a wide selection of precut colored glass pieces, beads, iridized and dichroic glass, create a mini mosaic inside a deep pendant (many shapes available, silver or copper plated). Once the glass pieces are glued to the metal, grout your pendants with one of the many available colors; clean your pieces. Voila! You'll be provided a black leather cord necklace for each pendant. **A \$100.00 materials fee per adult and child pair is payable to the instructor in class** (for 6 pendants). Additional pendants are \$15.00 each. The class is open to kids over 8 accompanied by a participating parent. Students should wear close-toed shoes. Limited to 10 adult and child pairs.

*Date: Saturday, March 10*

*Time: 2:00-4:00PM*

*Location: Needham High School, Room 807*

*Fee: \$69 per adult & child pair Code: 10333*

*Also see Upholstery classes on page 24.*



# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

## Cardio Sculpt Workout

*Susie Kaplan, Instructor*

Are you looking to get back into shape? Or, trying to find a fun, challenging workout routine you can stick with? This class will help you build a leaner, more sculpted body, improve your posture and balance, and get your heart rate pumping. We will combine a great cardio workout with muscle conditioning to provide a total body workout. This class is recommended for those who are comfortable engaging in moderately vigorous exercises including aerobic routines. **Note: Wear comfortable workout clothing, and appropriate footwear for the aerobics portion of class, and bring a set of light hand weights (3-5 pounds), a mat or towel, and water to class.** Limited to 15.

### *Late Winter*

*Dates: 7 Wednesdays, February 28-April 11*

*Time: 7:00-8:00PM*

*Location: Needham High School, Room 817*

*Fee: \$109 Code: 10450.3*

### *Spring*

*Date Change: 6 Wednesdays, May 9-June 13*

*Time: 7:00-8:00PM*

*Location: Needham High School, Room 817*

*Fee: \$95 Code: 10450.4*

## Introduction to Parkour **New!**

*Parkour Generations Staff, Instructors*

Parkour is a fun sport that involves negotiating obstacles by running, jumping, and climbing. This beginner parkour program is the perfect place to start your parkour journey. You will learn the basic fundamentals of movement and training principles while also developing the strength and fitness vital to the discipline. In each 1.5 hour session of movement, mobility, strength, fitness, power and precision, your body will respond like never before and lay the foundations for becoming the most athletic version of yourself imaginable. **Classes will be outside, except in inclement weather, so dress accordingly.** On inclement weather days, the class will be held inside at the High Rock School. Limited to 16.

*Dates: 8 Thursdays, April 5-May 31 (no class 4/19)*

*Time: 6:30-8:00PM*

*Location: High Rock School, Main Entrance*

*Fee: \$229 Code: 14007*

## Body Weight Conditioning

*Leslie Schofield, Instructor*

This total body class circuits through functional movement exercises and integrates high intensity interval training (HIIT). Functional movements are typically multi-joint, multi-muscle exercises, rather than isolating one particular part of the body. These are effective for targeting all areas of the body, building lean muscle, improving cardio health and overall fitness. Most of the work out will be body weight exercises, making it easy to incorporate them into your home workout. The class is designed for all levels – you can tone down or ramp up the intensity according to your abilities. **Bring your yoga mat and water bottle**, and get ready to condition your whole body! This class is again being offered twice a week– sign up for just one day, or two days at a discounted price. Limited to 16.

### *Late Winter (Tuesdays)*

*Dates: 8 Tuesdays, February 27-April 24*

*(no class 4/17)*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$119 Code: 10461.7*

### *Late Winter (Thursdays)*

*Dates: 8 Thursdays, March 1-April 26 (no class 4/19)*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$119 Code: 10461.8*

### *Late Winter (Tuesdays and Thursdays)*

*Dates: 8 Tuesdays & 8 Thursdays, February 27-April 26*

*(no class 4/17 and 4/19)*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$215 Code: 10461.9*

### *Spring (Tuesdays)*

*Dates: 5 Tuesdays, May 8-June 5*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$75 Code: 10461.10*

### *Spring (Thursdays)*

*Dates: 5 Thursdays, May 10-June 7*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$75 Code: 10461.11*

### *Spring (Tuesdays and Thursdays)*

*Dates: 5 Tuesdays & 5 Thursdays, May 8-June 7*

*Time: 5:30-6:30PM*

*Location: Needham High School, Room 817*

*Fee: \$135 Code: 10461.12*

Exercise

# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

## Exercise

### Early Morning Boot Camp



Are you serious about becoming more fit? With the right fitness instruction, you can become fit and feel healthier at any age, and have fun doing it! If you are looking to lose weight and/or are eager to work on getting back in shape – or staying in shape – this class will help you achieve your goals. This early morning class will include a dynamic warm-up/stretch and a variety of strength and fitness activities, delivered at a moderate pace to help improve current fitness levels. Join us to get fit and energized, and jumpstart your way to a healthier lifestyle! **Note: The exercises can be adapted for varying levels of fitness, but participants should be comfortable running or jogging for short distances.** Please wear athletic shoes and clothes comfortable for exercising. Limited to 18.

#### Late Winter

Dates: 8 Mondays & 8 Wednesdays, February 26-April 25 (no class 4/16 and 4/18)

Time: 6:15-7:15AM

Location: Needham High School A Gym and Fitness Center

Fee: \$195 Code: 10442.3

#### Spring

Dates: 5 Mondays & 5 Wednesdays, April 30-June 4 (no class 5/28)

Time: 6:15-7:15AM

Location: Needham High School A Gym and Fitness Center

Fee: \$125 Code: 10442.4

### RAQISA® - The Belly Dance/Barre Mixer

*Soraya Doherty, Instructor*

RAQISA®, The Belly Barre Workout is the only accredited barre for belly dance format. The program is designed to tone, sculpt, and chisel your entire body, while you learn easy to follow core strengthening and lengthening belly dance movements. Revitalize your health and fitness level with strength and grace, and improve your quality of living as you enhance your posture and stamina. Bring a mat, water, and wear comfortable fitness attire; a toning ball and resistance bands will be provided to add intensity. Specialized mats and other supplies will be available for purchase in class, but not required to enjoy the class. The instructor has drawn on her years as a fitness instructor and her award winning belly dance style to create this exciting new format – join us to discover how much fun you will have getting fit! Limited to 18.



Students in Raqisa class doing exercises that involve a subtle blend of mindful belly dance inspired movements.

Dates: 7 Thursdays, March 1-April 12

Time: 7:00-8:00PM

Location: Needham High School, Room 817

Fee: \$95 Code: 10464.2

### Barre3

*barre3 Staff, Instructors*

barre3 draws from multiple influences – including ballet, yoga, and Pilates – to create innovative classes that focus on length, grace, and a healthy body. Focusing on a unique combination of dynamic movement and isometric holds, the sequences work strategically to transform the body and develop long term postural benefits. All movements are low-impact and designed to burn fat, build muscle and break through plateaus. It doesn't matter if you're 20 or 75, a turbo athlete or you haven't worked out in years, barre3 will help you lose weight, build strength, and transform your entire body. Join a regular barre3 class at a discounted price – and see the results for yourself! **Note: Missed classes can be made up in any other 7pm class offered during the 7 week session;** please call Barre3 to reschedule. NCE will have 12 spots in a regularly scheduled class.

#### Late Winter (Tuesdays)

Dates: 7 Tuesdays, February 27-April 10

Time: 7:00-8:00PM

Location: barre3 Studio, 996 Great Plain Ave., Needham

Fee: \$125 Code: 10456.3

#### Late Winter (Wednesdays)

Dates: 7 Wednesdays, February 28-April 11

Time: 7:00-8:00PM

Location: barre3 Studio, 996 Great Plain Ave., Needham

Fee: \$125 Code: 10456.4

#### Spring (Tuesdays)

Dates: 7 Tuesdays, April 24-June 5

# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

Time: 7:00-8:00PM

Location: barre3 Studio, 996 Great Plain Ave., Needham  
Fee: \$125 Code: 10456.5

*Spring (Wednesdays)*

Dates: 7 Wednesdays, April 25-June 6

Time: 7:00-8:00PM

Location: barre3 Studio, 996 Great Plain Ave., Needham  
Fee: \$125 Code: 10456.6

## Pilates Flow **New!**

*Leslie Schofield, Instructor*

Pilates Flow will focus primarily on core strengthening movements by stabilizing the deeper smaller muscles while bringing attention to your breath. The participant will move through a series of core strengthening exercises while borrowing from the yoga to increase flexibility and balance. This workout is for all fitness levels and is easily modified, as needed. The goal of this workout is to develop core strength, total body flexibility, and balance. Register for once a week or register for twice a week at a discounted fee. **Be sure to wear loose comfortable clothing for freedom of movement. Bring a yoga mat and or towel, and water bottle.** Limited to 16.

*Late Winter (Tuesdays)*

Dates: 8 Tuesdays, February 27-April 24 (no class 4/17)

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$119 Code: 14006.1

*Late Winter (Thursdays)*

Dates: 8 Thursdays, March 1-April 26 (no class 4/19)

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$119 Code: 14006.2

*Late Winter (Tuesdays and Thursdays)*

Dates: 8 Tuesdays & 8 Thursdays, February 27-April 26 (no class 4/17 and 4/19)

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$215 Code: 14006.3

*Spring (Tuesdays)*

Dates: 5 Tuesdays, May 8-June 5

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$75 Code: 14006.4

*Spring (Thursdays)*

Dates: 5 Thursdays, May 10-June 7

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$75 Code: 14006.5

*Spring (Tuesdays and Thursdays)*

Dates: 5 Tuesdays & 5 Thursdays, May 8-June 7

Time: 6:35-7:35PM

Location: Needham High School, Room 817

Fee: \$135 Code: 14006.6

## EasYoga™ for Older Adults

*Steffi Shapiro, Instructor*



EasYoga™ is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide flexibility and strengthening for the neck, shoulders, abdomen and other parts of the body. They also help to release tension throughout the body. We will use simple breathing, concentration, and meditative exercises to relax the mind as well as the body. The various relaxation techniques can be practiced throughout the day and are a helpful way to combat insomnia. Experience how the practice of yoga can boost self-confidence and memory, as well as improve overall strength, conditioning and flexibility. More information can be found about EasYoga™ on the website [www.elder-yoga.com](http://www.elder-yoga.com)



COUNCIL  
ON AGING  
Needham

*Late Winter*

Dates: 8 Tuesdays, February 27-April 17

Time: 9:15-10:15AM

Location: Center at the Heights

Fee: \$65 Code: 10703.3

*Spring*

**Date Change:** 7 Tuesdays, May 15

- June 26 Time: 9:15-10:15AM

Location: Center at the Heights

Fee: \$55 Code: 10703.4

*Summer*

**Date Change:** 8 Tuesdays, July 10-August 28 (no class 7/3) Time: 9:15-10:15AM

Location: Center at the Heights

Fee: \$65 Code: 10703.5

## Yoga for Every Body

*Carol Oberle, Instructor*

Calm your mind, relax and tone your body, and nourish your spirit with Hatha Yoga. This class provides a safe, nurturing environment for beginners and anyone who seeks a gentle, compassionate style of yoga. Postures are adapted according to ability. **Please wear loose, comfortable clothing and bring a yoga mat to class.** Limited to 18.

Dates: 10 Thursdays, March 1-May 10 (no class 4/19)

Time: 7:30-8:45PM

Location: Eliot School, Performance Center

Fee: \$149 Code: 10706.2

Exercise & Stretch



# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

## Stretch & Meditate

### Classes at Blue Lotus Healing Arts

#### Sunrise Flow Yoga New!

*Susan Shaver, Instructor*

Daytime  
Class

Jump-start your day! You won't need an alarm clock when you wake up your body & mind with this hour of strengthening flow. Step onto your mat and move powerfully through a sequence designed to help you shift energy and heighten awareness - all while breaking a sweat. Limited to 15

*Late Winter*

*Dates: 4 Tuesdays & 4 Thursdays,*

*February 27-March 22*

*Time: 6:00-7:00AM*



Blue Lotus Healing Arts

Yoga - Acupuncture - Massage

*Location: Blue Lotus Healing Arts, 945 Great Plain Ave., 2nd floor, Needham*

*Fee: \$144 Code: 14008.1*

*Spring*

*Dates: 4 Tuesdays & 4 Thursdays, April 24-May 17*

*Time: 6:00-7:00AM*

*Location: Blue Lotus Healing Arts, 945 Great Plain Ave., 2nd floor, Needham*

*Fee: \$144 Code: 14008.2*

#### Yoga Tune Up® New!

*Kathleen Hamm, Instructor*

Yoga Tune Up® helps with the three P's: It erases pain, improves posture and enhances performance. It is a way of working with the body using integrated embodied anatomy, breaking down the nuts and bolts of human movement with anatomical awareness, conscious relaxation and proper breathing techniques. Bring yourself into an intimate understanding of your native architecture with this challenging, but accessible practice that incorporates movements from classical yoga, calisthenics, and body therapy. Limited to 15.

*Dates: 7 Mondays, February 26-April 9*

*Time: 7:30-8:45PM*

*Location: Blue Lotus Healing Arts, 945 Great Plain Ave., 2nd floor, Needham*

*Fee: \$126 Code: 14009*

#### Meditation Three Ways

*Kathleen Krivak, Instructor*

Meditation practice has been shown to have many positive physical and mental benefits. In this class we

will explore three types of meditation practices: Mindfulness, Metta, and Chakra. Each type of meditation uses a different technique for focus: the breath is a focus in Mindfulness, a mantra is used in Metta and visualization is the tool in Chakra meditation. We will start with Mindfulness meditation, which teaches us to be unconditionally present to whatever is happening around and within us. For the next two weeks, we will practice Metta meditation, the cultivation of benevolence or "loving kindness" to ourselves and others. The following two weeks will be an exploration of Chakra meditation, using visualization and turning our attention to our Chakras, the large energy centers in our bodies that govern physical and emotional health. All of these practices bring calm and clarity as well as deep healing on physical and emotional levels. In the last class, we will compare the different practices and do our final meditation according to the suggestion of the students. Limited to 12.

*Dates: 7 Wednesdays, February 28-April 11*

*Time: 7:15-8:30PM*

*Location: Blue Lotus Healing Arts, 945 Great Plain Ave., 2nd floor, Needham*

*Fee: \$126 Code: 10744.2*

#### Meditation for Everyday Life

*Elizabeth Spark, MD, Instructor*

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

*"Each week, I left class feeling revitalized. Dr. Spark provided the techniques and motivation to incorporate a regular meditation practice into my life."*

comfortable clothing; we will meditate sitting in comfortable seats. Limited to 16.

*Dates: 7 Wednesdays, May 2-June 13*

*Time: 6:45-8:00PM*

*Location: Pollard Middle School, Media Center*

*Fee: \$129 Code: 10719.2*



# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

## Self-Defense: Combat Sambo- Practical Defensive System

*Grandmaster Michael Galperin, Instructor*

Combat Sambo, a Russian self-defense style, incorporates the most effective survival techniques from Judo, JiuJitsu, Karate, Aikido, Kung Fu, Krav Maga and others. Students learn practical applications of self-defense techniques in a variety of real world life-threatening situations. Boost your confidence, health and fitness level by learning this unique martial art form. Visit the website for more information: [www.combatsambo.com](http://www.combatsambo.com)

*Winter classes started on January 2, but students may join at any time (at a pro-rated fee). Call NCE for details and to register.*

## Adult & Family Spring Classes

FOR ADULTS AND TEENS AGED 12 AND OLDER,  
AND FOR CHILDREN AGE 6 AND OLDER (WHEN  
ACCOMPANIED BY AN ADULT)

*Tuesdays*

*Dates: 10 Tuesdays, April 3-June 12 (no class 4/17)*

*Time: 7:30-9:00PM*

*Location: High Rock School, Gym*

*Fee: \$160 Code: 11504.10*

*Thursdays*

*Dates: 10 Thursdays, April 5-June 14 (no class 4/19)*

*Time: 7:30-9:00PM*

*Location: High Rock School, Gym*

*Fee: \$160 Code: 11504.11*

*Tuesdays & Thursdays*

*Dates: 10 Tuesdays & 10 Thursdays, April 3-June 14 (no class 4/17 and 4/19)*

*Time: 7:30-9:00PM*

*Location: High Rock School, Gym*

*Fee: \$260 Code: 11504.12*

## Children's Spring Classes

FOR BOYS & GIRLS 4-12 YEARS OF AGE

*Tuesdays*

*Dates: 10 Tuesdays, April 3-June 12 (no class 4/17)*

*Time: 6:30-7:30PM*

*Location: High Rock School, Gym*

*Fee: \$160 Code: 11514.10*

*Thursdays*

*Dates: 10 Thursdays, April 5-June 14 (no class 4/19)*

*Time: 6:30-7:30PM*

*Location: High Rock School, Gym*

*Fee: \$160 Code: 11514.11*

*Tuesdays & Thursdays*

*Dates: 10 Tuesdays & 10 Thursdays, April 3-June 14*

*(no class 4/17 and 4/19)*

*Time: 6:30-7:30PM*

*Location: High Rock School, Gym*

*Fee: \$260 Code: 11514.12*

## Introduction to Tai Chi & Qigong

*Scott Brumit, Instructor*

Tai Chi is one of the ancient martial arts from China that has become widely popular today as a gentle form of exercise that promotes health, strength and relaxation. The slow motion and controlled movements make it an ideal form of exercise for men and women of all ages. Qigong is an integration of physical postures and focused intentions that emphasize controlled breathing techniques. Regular practice of Tai Chi and Qigong exercises can increase flexibility and stamina, reduce stress, improve balance and re-energize you – physically, mentally and emotionally. These are one of the only forms of exercise that become easier the longer it is studied, so skill and proficiency can continue to improve even as one gets older. Come join us to be introduced to Qidong and Tai Chi exercises; no experience is necessary – beginners and intermediates are welcome! Please wear loose, comfortable clothing. Limited to 18.

*Dates: 7 Thursdays, March 1-April 12*

*Time: 6:20-7:20PM*

*Location: Eliot School, Performance Center*

*Fee: \$95 Code: 10704.2*

## More praise for NCE Adult Classes

*"Thank you so much for offering this program. I am so glad that I took it!"*

*"Practicing with classmates and having a good humored teacher was a lot of fun."*

*"I am a true beginner and the instructor explains things so well."*

Martial Arts

# Exercise Your Mind and Body *(Fitness, Dance, Yoga and Meditation)*

## Dance

### Latin Dance: Salsa & Cha Cha

*Karen Leeds, Instructor*

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

*Dates: 4 Wednesdays, February 28-March 21*

*Time: 7:00-8:30PM*

*Location: High Rock School, Gym*

*Fee: \$79 Code: 10414*

### East Coast Swing

*Karen Leeds, Instructor*

East Coast Swing is danced to big band music and is the easiest partner dance to learn. It has easy 6 count moves. We will cover single step and triple step swing. If the class moves quickly we may throw in Charleston or Lindy Hop as well. Dance shoes with suede soles pre-

ferred, leather-soled shoes okay, rubber soles don't often turn as well. Singles are encouraged to sign up. Couples can choose not to rotate partners. Limited to 24.

*Date Change: 4 Wednesdays, April 11-May 9 (no class 4/18) Time: 7:00-8:30PM*

*Location: High Rock School, Gym*

*Fee: \$79 Code: 10419*

### West Coast Swing

*Karen Leeds, Instructor*

West Coast Swing is done to most music – pop, country and blues. It has a fascinating elastic, push and pull connection. This is likely the most popular dance at the moment. If you want to go dancing there are many places to dance west coast swing. Come join us as we learn the basic steps: sugar push, tuck turn, side passes and whip. Dance shoes with suede soles preferred, leather-soled shoes okay, rubber soles don't often turn as well. Singles are encouraged to sign up. Couples can choose not to rotate partners. Limited to 24.

*Dates: 4 Wednesdays, May 16-June 6*

*Time: 7:00-8:30PM*

*Location: High Rock School, Gym*

*Fee: \$79 Code: 10455*

## Tell Your Story

### Writing Your Memoir – Telling Our Stories

*Jane Hirschhorn, instructor*

The act of writing is one of the best ways to explore and revisit important moments in one's life. In this class, participants will have the opportunity to write about and discuss these moments in short, varied assignments. We will make use of different writing exercises to "kick start" the writing process in a supportive, non-threatening environment. This class welcomes new and returning participants, as the instructor will tailor the writing prompts to the needs of the group. Please bring a pen and paper (or a laptop/tablet) and your enthusiasm to start writing! Limited to 12.

*Dates: 5 Wednesdays, February 28-March 28*

*Time: 10:00AM-12:00PM*

*Location: Center at the Heights*

*Fee: \$129 Code: 11812.2*

*"Jane's teaching style is informative and encouraging. Her exercises give students a great start at writing their memoirs."*

# Be a Better You *(Well-being and Career Development)*

## Back Pain Prevention and Relief (at Soma Physical Therapy and Rehab)



**New!**

*Maggie Curtis, Instructor*

Have you ever suffered from back pain? Are you looking for exercises to increase your core strength? This four-week class will use an evidence-based approach combining education and exercise to help manage back pain and improve posture. The focus of this class will be on body mechanics with daily activities, lifting techniques, core strengthening, achieving and maintaining a good sitting and standing posture and education on various sleeping positions to help reduce back pain. Whether you have had back pain before, are hoping to prevent back pain in the future, or are just looking for some exercises to help increase your strength and flexibility, this class is perfect for you! **An exercise equipment list will be posted by class title on the district website:** [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 8.

*Dates: 4 Saturdays, March 3-24*

*Time: 9-10:30AM*

*Location: Soma Physical Therapy and Rehab., 220 Reservoir St., Suite 32, Needham*

*Fee: \$145 Code: 14016*

NCE is pleased to partner with Beth Israel Deaconess-Needham to offer the following presentations to the community. Registration is required, but the programs are free of charge. Please note that the classes will be held in the Needham High School media center.



## Joint Pain Relief and Prevention for Active Adults **New!**

*Jacob Drew, MD, Instructor*

Pain is our bodies' way of alerting us that something is wrong. But with today's active lifestyles, no one wants to restrict their activities due to pain. If joint pain is slowing you down or keeping you from your favorite activities, please join Dr. Jacob Drew for an interactive discussion on joint pain. Dr. Drew will discuss the causes of joint pain, possible reasons why joint pain occurs, and options for treatment, including exercise, stretching, medication

and surgical options. Please wear comfortable clothing, as some light stretching and exercise demonstration will be involved. Limited to 24.

*Date: Tuesday, March 20*

*Time: 6:30-8:00PM*

*Location: Needham High School, Media Center*

*Fee: FREE Code: 14017*

## A Good Night's Sleep **New!**

*Robert Thomas, MD, Instructor*

Getting the right amount of sleep can impact your whole body, including your mental and physical health. Join Dr. Robert Thomas to discuss circadian rhythms, sleep hygiene, sleep needs and habits, and how to establish a good bedtime routine. Red flags for medical sleep disorders will be briefly discussed. Learn ways to help insomnia and other sleep disorders, and take the steps you need to getting a good night's sleep. Limited to 24.

*Date: Tuesday, April 10*

*Time: 6:30-8:00PM*

*Location: Needham High School, Media Center*

*Fee: FREE Code: 14018*

## Introduction to Reiki **New!**

*Rita Glassman, Instructor*

Recognized by the National Institute of Health as a form of alternative medicine, Reiki has been incorporated into the Department of Integrated medicine in hospitals nationwide. Celebrities, pro athletes, hospitals and corporate wellness programs all utilize it. What exactly is Reiki and where did it come from? What are the benefits of Reiki and how can it help you? What is a Reiki treatment like? What should you look for in a Reiki Practitioner or Instructor? How has the ancient healing art of Reiki evolved? What is a lineage and why is it important? These are a few of the questions that will be answered in this in-depth and entertaining look at this ancient healing art. Limited to 20.

*Date: Thursday, March 22*

*Time: 7:00-9:00PM*

*Location: Needham High School, Media Center*

*Fee: \$29 Code: 14010*

## Reiki Level 1 Certification Class **New!**

*Rita Glassman, Instructor*

Celebrities, pro athletes, hospitals and corporate wellness programs all utilize Reiki for relaxation, pain reduction and to expedite healing. Come learn the ancient art of Reiki to become a practitioner, for self-healing



Well-Being

or treating your family, friends, plants or pets. You will learn the traditional hand placements, self-treatment and emergency first-aid Reiki. You will receive and practice giving Reiki treatment. You will receive information on the Reiki tenants, the code of ethics, and insurance. Wear comfortable clothing. **Note: A \$20 materials fee is payable to the instructor in class.** Limited to 8.

*Date: Saturday, April 28*

*Time: 10:00AM-6:00PM*

*Location: Needham High School, Media Center*

*Fee: \$199 Code: 14011*

## Stress Management Skills for the "Sandwich Generation" **New!**

*Linda Coluzzi, Instructor*

Managing the demands of career and parenting while caring for aging parents is a challenge that so many face. Stress management techniques are especially important to those caught in the "sandwich generation." In this interactive workshop, the instructor will assess the type of support that participants are seeking, then provide guidance for finding peace, caring for one's own needs, building and using support systems and making informed decisions. Students will have the opportunity to share experiences, resources and solutions with each other. Limited to 20.

*Date: Tuesday, May 8*

*Time: 7:00-8:30PM*

*Location: Needham High School, Room 206*

*Fee: \$25 Code: 14019*

## Owning Your Career Search (Series)

**New!**

*Carol Agranat, Instructor*

This course series will help anyone who is currently engaged in or anticipating a career move. Through conversation, education, applied tools and techniques, you will learn how to jump-start or improve your career search efforts. You will also learn essential strategies and techniques for defining a clear focus, as well how to present your best self on paper, online and in person. Armed with the right focus, the right tools and the right attitude, you will then, in session three, concentrate on learning a networking approach that will enlighten and enhance your search. **Bring two copies of your resume, and a laptop if you have one.** Sign up for any of the sessions, or register for all three at a discounted price. Limited to 20.

**Register early . . .  
some classes  
fill very quickly!**

**Session I: Finding a Career that Fits and Fulfills** - a workshop to stimulate thought around change and possibility • Identifying and owning your value • Exploring new angles, changing your paradigm • Experimentation and innovation

*Date: Wednesday, March 7*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 202*

*Fee: \$35 Code: 14012*

**Session II: Creating Your Public Profile in Print and Online** - practical tips and techniques to improve your public image • Resume Writing Basics • How to create an impactful resume • Avoiding landmines • Developing a LinkedIn Profile that enhances your message • Actively demonstrating and refining your expertise or interests.

*Date: Wednesday, March 14*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 202*

*Fee: \$35 Code: 14013*

**Session III: Networking with Intention and for Results**

• Defining / redefining how to network • Designing and implementing your action plan • Developing and rehearsing your dialogue • Tracking, assessing and leveraging your activity.

*Date: Wednesday, March 21*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 202*

*Fee: \$35 Code: 14014*

### All 3 Sessions

*Dates: 3 Wednesday, March 7-21*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 202*

*Fee: \$85 Code: 14015*



# Cook and Taste *(Food and Beverage)*

## Cooking Basics **New!**

*Jen Tuttleman and Sue Findlay, Instructors*

For the new cook or intimidated cook, this class will teach you three basic recipes that will serve as a foundation for many other recipes that you will be able to prepare at home with ease. The three basics you will learn to prepare are: roasted chicken, a hearty soup, and a stir-fry. You will then get tips for how the recipes can be modified to suit your taste, add variety, or utilize ingredients you have on hand. And, you will go home with samples! **Note: An ingredients fee of \$15 per person is payable in class.** Limited to 12.

*Date: Wednesday, March 14*

*Time: 5:00-7:30PM*

*Location: Center at the Heights*

*Fee: \$65 Code: 14038*

## Cooking with Seasonal Produce **New!**

*Jen Tuttleman and Sue Findlay, Instructors*

The tastiest recipes use the freshest seasonal ingredients. Learn how to shop for seasonal fruits and vegetables and to incorporate them into meals featuring the season's bounty. You will go home with new and creative recipes, along with samples of what you prepare in class. **Note: An ingredients fee of \$15 per person is payable in class.** Limited to 12.

*Date: Wednesday, May 23*

*Time: 5:00-7:30PM*

*Location: Center at the Heights*

*Fee: \$65 Code: 14039*

## Healthy Gluten-Free Cooking *at True*

### **Taste Seasonal Kitchen **New!****

*(daytime or evening option)*

*Dan Tavan, Instructor*

Come spend an afternoon or evening gaining knowledge on how to prepare meals for people with food allergies or intolerances. In this hands-on program, you will participate in cooking a sustainable, allergy-friendly meal and will go home with ample portions to feed a family of 4. The menu will include: "Not So Much Meatballs" with spicy marinara, roasted spaghetti squash, and a selection of "Tasty Bites" (date and nut treats). **Note: Please wear long pants and close-toed shoes.** Limited to 15.

### *Daytime Option*

*Date: Friday, March 16*

*Time: 11:30AM-2:00PM*

*Location: True Taste Seasonal Kitchen, 301 Reservoir St., Needham*

*Fee: \$99 Code: 14040.1*

### *Evening Option*

*Date: Friday, March 16*

*Time: 5:30-8:00PM*

*Location: True Taste Seasonal Kitchen, 301 Reservoir St., Needham*

*Fee: \$99 Code: 14040.2*

## Cooking Demo with Dave

### *at Sweet Basil*

*Dave Becker, Chef /Owner, Instructor*

Savor the aroma, the ambiance, and the delectable dishes of one of Needham's hottest restaurants, as Dave Becker demonstrates his talents in the kitchen. The class includes ample portions to sample and recipes to take home. You'll be entertained, sated, and relaxed, and pick up some great cooking tips too. For this class, Dave will prepare un-traditional minestrone soup, with roasted vegetables and homemade noodles, shaved Napa cabbage with lemon & ginger rubbed grilled chicken, and toasted cashews, seared scallops over a corn and buckwheat succotash, with a celery root slaw. Participants are encouraged to bring their own wine if they wish. Limited to 28.

*Date: Sunday, April 29*

*Time: 2:00-4:00PM*

*Location: Sweet Basil, 942 Great Plain Ave., Needham*

*Fee: \$79 Code: 10603.2*

## Cooking Demo with Dave

### *at Juniper*

*Dave Becker, Chef /Owner, Instructor*

Juniper is the sister restaurant to Sweet Basil, and clearly – from packed dining rooms to great reviews – another hit for chef and restaurateur Dave Becker. Enjoy the warm colors, cozy atmosphere, and enticing aroma of Middle Eastern spices as Dave demonstrates his talents in the kitchen. The class includes ample portions to sample and recipes to take home. You'll be entertained, sated, and relaxed, and pick up some great cooking tips too. For this class, Dave will prepare garbanzo bean miso soup with pulled chicken and pickled fava beans, arugula tossed with candied pecans, macerated onions, and a light carrot yogurt dressing, grilled salmon over house-made couscous, savory sage and fig jelly, and braised purple kale. Cost of liquor is not included in the course fee; drinks and paired wines will be available for purchase. Limited to 28.

*Date: Sunday, May 20*

*Time: 2:00-4:00PM*

*Location: Juniper, 13 Central St., Wellesley*

*Fee: \$79 Code: 10631.2*



Daytime  
Class



Daytime  
Class

COOK  
&  
TASTE

## American Craft Whiskey Tasting *with Mediterranean Tapas New!*

*Nick Taylor, Instructor*

Interest in American craft whiskey is booming. Spend an afternoon sampling the best of the American craft whiskey industry, paired with superb Mediterranean tapas. Whiskey expert, Nick Taylor, and the Chef and owner of Juniper, Dave Becker, have put together a superb menu that will challenge and delight your palate. Additionally, Nick will speak to the explosion of whiskey producers in the United States, how they have differentiated themselves from the likes of Jim Beam and Heaven Hill and what it means for the future and flavor of American Whiskey. **Note: A whiskey fee of \$20 per person is payable in class.** Limited to 30.

*Date: Sunday, February 25*

*Time: 2:00-4:00PM*

*Location: Juniper, 13 Central St., Wellesley*

*Fee: \$69 Code: 14041*

## Wine Tasting at Sweet Basil: West Coast Wines *New!*

*Paul Malagrifa, Instructor*

Fine winemaking started in Europe thousands of years ago, setting the benchmark by which all other winemakers measure success. With the colonization of North America, came the planting of grape vines by European settlers and a new age in winemaking was born. While wine is made in all fifty states, the largest production of high-quality wines belongs to the regions of California, Washington and Oregon. Blessed with ideal climates, these three states are truly the rivals of their European forebears. Join us to sample several West Coast gems and also enjoy the delicious and ample tapas-style appetizers, prepared by the talented chefs at Sweet Basil. Come hungry and ready to sip and learn! **Note: A wine fee of \$15 per person is payable in class.** Limited to 18

*Date: Sunday, March 4*

*Time: 2:00-4:00PM*

*Location: Sweet Basil, 942 Great Plain Ave., Needham*

*Fee: \$69 Code: 14036*

## Wine Tasting at Sweet Basil: *Wines of Burgundy New!*

*Paul Malagrifa, Instructor*

Burgundy, like Bordeaux is a classic wine region with a long-standing tradition of fine wine production. Unlike Bordeaux, the wines of Burgundy are not as well-known. Home to Pinot Noir (red wines) and Chardonnay (white wines), Burgundian wines can be magical and remain the benchmarks by which all Pinot Noir and Chardonnay producers measure their success. Join us to sample several Burgundian wines and also enjoy the delicious and ample tapas-style appetizers, prepared by the talented chefs at Sweet Basil. Come hungry and ready to sip and learn! **Note: A wine fee of \$30 per person is payable in class.** Limited to 18.

*Date: Sunday, April 8*

*Time: 2:00-4:00PM*

*Location: Sweet Basil, 942 Great Plain Ave., Needham*

*Fee: \$69 Code: 14037*



*All wine tastings include delicious, tapas style appetizers selected by Dave Becker, Chef/Owner of Sweet Basil.*

## Wine Tasting at Sweet Basil: *Summer Sippers*

*Paul Malagrifa, Instructor*

Summer is a time for easy drinking, high-value wines that require very little thought and demand even less contemplation. The wines of summer should be light and refreshing, lively and fun, and will pair perfectly with summer fare. Join us to sample several perfect "summer sippers" and also enjoy the delicious and ample tapas-style appetizers, prepared by the talented chefs at Sweet Basil. Come hungry and ready to sip and learn! **Note: A wine fee of \$15 per person is payable in class.** Limited to 18.

*Date: Sunday, May 6*

*Time: 2:00-4:00PM*

*Location: Sweet Basil, 942 Great Plain Ave., Needham*

*Fee: \$69 Code: 10654*

# Develop Tech Skills & Learn Online

## Explore Microsoft Office **New!**

*Howard Loewinger, Instructor*

This class will give you a quick introduction to the most widely used program in today's job market: Microsoft Office. We will look at the 3 main applications in Office: Word, Excel and PowerPoint, and learn how each program is organized and where to find things. Then you will create basic word processing, spreadsheet and presentation documents. You will be given tips as to where you can learn more on line. **Prerequisite: Students must have basic computer experience including file saving, and typing and mouse skills.** Limited to 14.

*Dates: 3 Thursdays, March 1-15*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 413*

*Fee: \$95 Code: 14025*

## Getting the Most Out of Your iPhone

*Howard Loewinger, Instructor*

Did you know your iPhone can do virtually all the things your computer can do? Plus, of course, make calls. In this class we will cover the basics like calling options, managing contacts and the different ways to touch the screen. We will talk about apps, how to get new ones, how to see your open apps and how to delete apps you no longer use. We will also go over some settings, syncing with iCloud, how to give voice commands and some tips and tricks for using that pesky screen keyboard. As time allows we will go over some frequently used apps like Messaging, Email and the Camera. This class will focus on iPhones running the current version of iOS but most of it will apply to older iPhones as well. Bring your questions and iPhone to class! Limited to 14.

*Dates: 2 Thursdays, April 5-12*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 404*

*Fee: \$65 Code: 10208.2*

## Advanced Photo Management on Your Apple Device **New!**

*Howard Loewinger, Instructor*

If you already have experience in taking photos on an iPhone or iPad, but want to learn more about how to manage and organize them, this class is for you. In the first session, we will learn how the iPhone and iPad organize photos for you and how you can organize photos for yourself; learn various ways to share photos; when photos are on your device and when they are in the "cloud"; and how to tell when you delete a photo on one device if it's deleted on your other devices. We will look at the editing tools available. In the second class, we will use the Photo app on the Mac to see what further options are available including making books, calendars, cards and ordering prints from Apple. Bring your iPhone and/or iPad to the first class. Bring a MacBook to the 2nd class if you have one; if you don't have one you will still learn a lot that you can bring home to use on your home desktop Mac. (Note to Windows users: if you have an iPhone and/or iPad you can still learn a lot in this class.) Limited to 14.

*Dates: 2 Thursdays, April 26-May 3*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 413*

*Fee: \$65 Code: 14026*

## Everything Google **New!**

*Michael Toon, Instructor*

Google is more than a search engine. Discover the fun and useful Google apps, including: Google Docs, Google Sheets, Google Play, Google Keep and more. Then, put the apps to use on projects of your choice, with the instructor there to guide you. Limited to 12.

*Dates: 2 Thursdays, May 10 -17*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 413*

*Fee: \$65 Code: 14027*

## Free Online Learning

*For Needham Residents Only*

The Needham Public Library offers hundreds of free courses online (for Needham residents only) through Universal Class™. With a growing catalog of over 540 courses, Universal Class™ is committed to providing only the most affordable and highest quality online training. Go to the Needham Town website, [www.needhamma.gov](http://www.needhamma.gov) and click on the Library link. On the Library website, use the link for the online databases and then enter your library card number (no spaces). You will then be on the Needham Library Database page. Scroll through the alphabetical list and select Adult Education-Universal Class™. In order to gain access to course descriptions and selection, you will need to register using your name and email address.

Technology

Also  
see **Zero  
Energy  
Home** on  
next page.

## Downsizing: A Fresh Look at Living with Less

*Marilyn Cruickshank, Instructor*

There are many reasons why downsizing may be on your mind...moving to a smaller home, becoming an empty nester, combining households, divorcing, relocating, retiring, moving to an independent or assisted care facility...or perhaps you just want to simplify your life! Whatever your motivation, downsizing is about adapting, but when you are facing a lifetime's accumulation of belongings, it can be downright overwhelming. How do we focus on downsizing in a positive light, and develop strategies to make the process an opportunity to refresh our lives by letting go? Join us as a professional organizer with personal and professional downsizing experience guides you through the process. Limited to 16.

*Date: Wednesday, April 4*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 406*

*Fee: \$35 Code: 14020*

## Sell Your House Yourself-Successfully!

*Tom Matzell, Instructor*

Do you think only realtors can sell houses successfully? After you finish this 2 evening course, you will know all the tips, tricks, and secrets to doing it yourself and saving tens of thousands of dollars in commissions! You will learn from an actual homeowner who has done it multiple times successfully and wants to share his knowledge with others ready to take the plunge. This is a soup-to-nuts review of everything you will need to know to sell your property yourself, quickly and at the right price. Topics to be covered include getting your home ready to sell, which repairs you should or should not do, pricing it correctly, marketing it in person and online, running open houses, financing, closing your deal, and much more. A copy of the PowerPoint presentation will be included, but also be prepared to take lots of notes! Please note that the instructor is not a licensed real estate broker; the class is intended to provide accurate and helpful information, but not legal or other professional advice.

*Dates: 2 Wednesday, February 28-March 7*

*Time: 7:00-9:30PM*

*Location: Needham High School, Room 201*

*Fee: \$69 Code: 10940.2*

## Upholstery

*Mike Woloshyn, Instructor*

If you've put up with old, tired upholstery because of the expense of hiring a professional, then join this class and learn to do-it-yourself, and create a beautiful, "like-new" piece of furniture. The class will focus on reupholstering a chair (small chairs are recommended, since they will need to be brought to and from each class). Learn all the steps of upholstery, including stripping the chair, choosing and determining the amount of fabric, and making cushions. **Note: Bring tack hammer, tack puller, good scissors, pliers, and chair to the first class.** Upholstery tools can be purchased at New England Upholstery Supplies in Quincy or online. Instructions on purchasing fabric will be provided in class. Some basic sewing skills are recommended since some upholstery projects will involve sewing. Enter Pollard using the back doors off of Bradford St. and near the gyms. Limited to 12.

*Dates: 8 Mondays, February 26-April 23 (no class 4/16)*

*Time: 6:30-9:30PM*

*Location: Pollard Middle School, Room 104*

*Fee: \$169 Code: 10312.2*

## Upholstery: Advanced Beginning Workshop

*Mike Woloshyn, Instructor*

Calling all experienced Upholsterers! If you would like to get started on a new project with the support of the class and the instructor, or if you have a project you have been meaning to finish, this 4-session workshop is perfect for you! Pre-requisite: attendance in at least one of Michael's Upholstery classes. **Note: Bring tack hammer, tack puller, good scissors, pliers, and chair to the first class.** Upholstery tools can be purchased at New England Upholstery Supplies in Quincy or online. Instructions on purchasing fabric will be provided in class. Some basic sewing skills are recommended since some upholstery projects will involve sewing. Enter Pollard using the back doors off of Bradford St. and near the gyms. Limited to 12.

*Dates: 4 Mondays, May 7-June 4 (no class 5/28)*

*Time: 6:30-9:30PM*

*Location: Pollard Middle School, Room 104*

*Fee: \$85 Code: 10352.2*



# Do It Yourself *(Home and Garden)*

## Low Maintenance Gardening: Spring Workshop

*Joanne Neale, Instructor*

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

*Dates: 2 Tuesdays, March 20-March 27*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 409*

*Fee: \$69 Code: 10917*

## Vegetable Gardening: Planning, Planting and Maintaining **New!**

*(In collaboration with Needham Community Farm)*

*Theresa Strachila, Instructor*

Get a jump-start on spring and start planning your own vegetable garden. Theresa Strachila, Farm Manager at the Needham Community Farm, will help you to assess your growing space and identify the best vegetables, herbs and fruit for your garden. You will learn about succession growing (growing throughout the seasons) in order to maximize the use of your space. Theresa will compare starting seeds inside vs. starting seed in the garden or purchasing transplants from a local nursery, farm or garden center. Soil testing, fertilizers, and other amendments for growing great veggies will be covered. You will also be taught about common pest and disease management and how to protect your garden organically. By the end of this class, you'll be ready to get started on your own vegetable garden! Limited to 20.

*Dates: 5 Wednesdays, March 7-April 4*

*Time: 6:30-8:00PM*

*Location: Needham High School, Room 203*

*Fee: \$149 Code: 14021*

Garden

# Improve Your Environment

## Electric Cars and Hybrids **New!**

*Peter Kane, Instructor*

Are you thinking of buying an electric car or a hybrid and would like to learn more about the options? This class will answer your questions about options currently available, what they cost, how they work, their range, charging time, and performance. You will also receive information on financial incentives, market trends and environmental benefits. The instructor can describe his experience with two hybrids and three electric cars. Limited to 20.

*Date: Monday, March 19*

*Time: 7:00-8:30PM*

*Location: Needham High School,  
Room 206*

*Fee: \$25 Code: 14024*



*A visit to this zero net energy home in Westwood is included in the Zero Energy Home course.*

## Zero Energy Home

*Peter Kane, Instructor*

Join us to learn about the design and construction of a zero net energy home built in Westwood six years ago. The owner/designer/builder will present a slide show illustrating the important design considerations, construction details, and the finished home. The presentation will also cover the cost of the construction, how the home has performed over the five years, what it is like to live in it, and what mistakes were made that could be avoided – and answer the question of whether solar energy really works (hint: the electric company owes him money). **Note: A Saturday morning tour of the home is included in the course fee.** Limited to 20.

*Dates: Thursday, April 26, 7:00-8:30PM and Saturday,  
April 28, 10:00-11:00AM*

*Location: Needham High School, Room 206 on Thursday and 149 Ellis St., Westwood on Saturday*

*Fee: \$35 Code: 10943.2*

## Learn to Invest: The Stock Market Game **New!**

*Peter Yaffe, Instructor*

Arm yourself with the knowledge you need to make informed investment decisions, and practice using your skills with a virtual portfolio. You will start by examining various aspects of the functioning of markets, types of investment products, investment research, use of stock charts, impact of global events and conducting research for case studies. Then you'll learn about risk, speculating, and borrowing on margin. Working individually and in teams, you will compete against your fellow classmates and other groups across the state in the online investment game: The Stock Market Game™. This game is played each fall and spring by budding investors, from 4th graders to adults. Can you do better than an elementary school student in making savvy financial decisions? Come find out. No experience necessary! **Note: Students will need a laptop.** If you don't have one, but want to participate, please contact Amy Goldman, NCE Program Director, at amy\_goldman@needham.k12.ma.us or 781-455-0400 x235. Limited to 10.

*Dates: 11 Thursdays, January 25-April 12*

*(no class 2/22)*

*Time: 7:30-9:00PM*

*Location: High Rock School, Computer Lab*

*Fee: \$179 Code: 14028*

## Long-Term Care: Planning for the Potential Need

*Len May, Instructor*

The good news is that people are living longer. But living a long life doesn't guarantee that it will be a perfectly healthy one. And, as baby boomers age, the long-term care crisis in America will worsen. At least 70% of people over age 65 will require some long-term care services at some point in their lives (for more info, go to www.longtermcare.org). A well-thought plan for addressing the need for care is essential to the physical, emotional, and financial needs of you and your family. Topics to be covered include: What are the long-term care risks and consequences? Can you afford long-term care? What are the options? Can the government help? How do both the traditional and the new insurance alternatives work and which might be appropriate for your situation? How to develop a plan of action? Join us for this informative overview on long-term care. Limited to 25.

*Date: Tuesday, May 15*

*Time: 7:00-8:30PM*

*Location: Needham High School, Room 206*

*Fee: \$29 Code: 10513*

## Social Security: What You Need to Know for Municipal Employees



Free Class

*Delia De Mello, Instructor*

Social Security is widely recognized as the most successful domestic program in the history of our country. During this presentation, we will discuss the benefits and services provided by Social Security, eligibility for retirement benefits, Medicare, and online tools and resources. We will have a special emphasis on the Windfall Elimination Provision and Government Pension Offset affecting those who are eligible for Social Security and a pension from work not covered under Social Security. For all municipal employees – this will be a great opportunity to learn how your Social Security benefits will be affected by your town pension. **Note:** Prior to attending this session, the presenter recommends that you visit the Social Security website and create your own my Social Security account at www.socialsecurity.gov/myaccount. This account will provide you with your earnings statement under the Social Security program and benefit estimates. The How To Create an Online Account factsheet (www.socialsecurity.gov/pubs/EN-05-10540.pdf) can help you create an account. Space may be limited; please be sure to pre-register so that we know that the space will accommodate enrollment. Limited to 40.

*Date: Wednesday, April 4*

*Time: 3:15-5:00PM*

*Location: Needham High School, Room 728*

*Fee: FREE Code: 10516*

# Play and Recreate *(Games and Recreation)*

## America's Boating Course

*Joe Kelliher, Instructor*

Boating is fabulous family activity. But you shouldn't leave the dock without basic boating skills. Be sure you have the right safety equipment, know the rules of the road and be prepared for the unexpected! Now is the time to prepare for next season. Whether you own a paddle boat, sail boat or powerboat, this course is designed for both skippers and crew alike! The United States Power Squadrons have taught basic boating courses to well over one million students! Topics covered: Boat handling, state and federal requirements and regulations, safety equipment, aids to navigation, charts and course plotting, knots, marine radio use, trailering, personal watercraft use, and much more. If you are heading out on the water let us show you how to do so with skill, confidence and fun!

**Instruction includes:** A 228 page textbook, charting protractor, dividers and a supplemental home study CD, plus many other handouts. Upon completion of the course a certificate will be issued. This is honored by all states for their basic boat licensing requirements and most boat insurance companies for premium reductions. Those between the ages of 12 and 16 can obtain their Massachusetts Powerboat Operators Certificate. Limited to 50.

*Dates: 5 Tuesdays, May 1-29*

*Time: 6:30-9:30PM*

*Location: Needham High School, Room 728*

*2 students sharing 1 set of materials*

*Fee: \$169 Code: 11501.1*

*1 student*

*Fee: \$109 Code: 11501.2*

## Bridge: Supervised Play

*Jori Grossack, Instructor*

Join us for a fun-filled session of bridge in a relaxed atmosphere of supervised play. Beginners and Advanced Beginners alike will have the opportunity to play hands with people at a similar level. In this bridge "clinic" you will bid and play hands, and then the instructor will tweak your bidding, opening leads, play of the hand and defense. You can bring your own partner, or be matched up with someone in class. The class will be fun and instructional – and a great chance to practice your bridge skills. Limited to 14.

*Revised Dates: 8 Mondays, March 5-April 30 (no class 4/16) Time: 7:00-9:00PM*

*Location: Broadmeadow School, Media Center*

*Fee: \$175 Code: 10812.2*

## Beginning Bridge

*Jori Grossack, Instructor*

Modern Bridge has evolved into an exciting, fast-paced, and competitive partnership game. This is not your grandma's game! The emphasis in this beginning bridge class will be twofold – to lay the foundations of solid bidding and superb play of the hand in an easy to follow and entertaining format. This beginning class is appropriate both for students new to bridge and also for those who have dabbled with the game in the past. Limited to 14.

*Revised dates: 8 Mondays, March 5-April 30 (no class 4/16) Time: 5:00-7:00PM*

*Location: Broadmeadow School, Media Center*

*Fee: \$175 Code: 10808.2*

## Bridge for Advanced Beginners

*Jori Grossack, Instructor*



Calling all beginners-plus bridge students: here's your continuation class! We will review: play of the hand in both no trump and trump suit contracts; first round of bidding and beginner defense including opening leads. From there, we will learn how to respond to our partner's opening bid of 1NT, including Stayman and Jacoby Transfers, opener's rebids, play of the hand problems, more on leads, attitude signals and bidding by the non-opening opponents. For those of you who learned to play bridge years ago, this class will be a helpful refresher. The course is designed to be engaging both cerebrally and social (the instructor encourages students to practice together outside of the classroom), and to transform students into fine bridge players. Limited to 14.

*Dates: 8 Fridays, March 2-May 4*

*(no class 3/30 and 4/20)*

*Time: 3:30-5:30PM*

*Location: Broadmeadow School, Media Center*

*Fee: \$175 Code: 10813*

## Mah Jongg for Beginners New!

*Sharon Katz, Instructor*

Learn how to play this fun and stimulating game. No prior knowledge necessary. By the end of the session, you will have mastered the basics: setting up the racks and tiles, reading the card, dealing and passing tiles, choosing a hand, and playing a round independently. **Note: Students will need to purchase the 2018 Mah Jongg card, available online.** Limited to 8.

*Dates: 6 Wednesdays, March 21-May 2 (no class 4/18)*

*Time: 7:00-9:00PM*

*Location: Broadmeadow School, Media Center*

*Fee: \$169 Code: 14029*

PLAY

# Play and Recreate *(Games and Recreation)*

## Bike Repair & Maintenance at Dedham Bike

*Matt Donovan, Instructor*

Join us for a hands-on class to learn the basics of bike maintenance and repairs. Topics will include basic maintenance, as well as basic adjustments and repairs such as changing a tire or doing minor gear and brake adjustments. Other topics may be covered as well based upon class member interest. No need to bring your bike or gear to class, we will be using shop provided bicycles and supplies to demo the topics covered. **Please bring a folding chair if you wish to sit during the class.** Limited to 8.

*Date: Wednesday, March 14*

*Time: 6:15-7:45PM*

*Location: Dedham Bike, 403 Washington St., Dedham*

*Fee: \$39 Code: 11519.3*

*Date: Tuesday, March 20*

*Time: 7:45-9:15PM*

*Location: Dedham Bike, 403 Washington St., Dedham*

*Fee: \$39 Code: 11519.4*

## Speak a Foreign Language

### Beginning Italian

*Elena Razeto, Instructor*

Italian is the language of art, classical architecture and Renaissance beauty, and opera – as well as fabulous food, full-bodied wines, fashion, and wonderful tourist destinations! Join us for this beginning Italian class to develop language skills for travel, dining out, and for a window into another rich language and culture. You will learn pronunciation, basic grammar and vocabulary, and simple conversations on a variety of topics, while also learning customs and aspects of the Italian culture – all in a fun, interactive environment. Through the study of the Italian language, you will gain a deeper understanding and more authentic perspective on what the Italian culture is all about. Limited to 16.

*Dates: 8 Mondays, February 26-April 23 (no class 4/16) Time: 6:30-8:30PM*

*Location: Needham High School, Room 418*

*Fee: \$179 Code: 11101.2*

### Modern Conversational Hebrew for Beginners **New!**

*Ari Marcovski, Instructor*

This modern, conversational, beginner's Hebrew class is aimed at creating a foundation of basic conversational Hebrew that will enable students to start up a conversation about a few simple topics, while opening the door to a broader scope of discourse. As examples of simple exchanges, areas of conversation will include, but are not limited to, the ability to ask questions, discuss food, family, parts of the body, telling time, days of the week, clothing, and weather. Students will also be invited to request additional areas of conversation they might have interest in. Lessons will be conducted in

English and will use phonetic Hebrew written in English thus removing the need to know how to read or write in Hebrew. Lessons will be dynamic, with lots of speaking, some movement, and anchored in a fun, playful and engaging atmosphere. No prior Hebrew knowledge is required. Limited to 15.

*Dates: 10 Wednesdays, March 7-May 23 (no class 4/4 and 4/18)*

*Time: 6:00-8:00PM*

*Location: Needham High School, Room 417*

*Fee: \$225 Code: 14030*

### Beginning Spanish

*Diana Garcia-Martinez, Instructor*

Have you been thinking about learning Spanish? Would you like to be able to communicate with native Spanish speakers in the U.S or as you travel the world? Or, do you believe that learning a new language enables us to understand the culture, traditions and history of a country? If you answered yes to any of these questions, then this is the class for you! You will learn the building blocks of the Spanish language, everyday vocabulary, and practice simple conversations from the first day of class. The emphasis will be on speaking, listening and immersing ourselves in the language. Come and enjoy learning a new language in a relaxed and supportive atmosphere. This course is for those with little or no knowledge of Spanish. Limited to 15

*Dates: 8 Tuesdays, February 27-April 24 (no class 4/17)*

*Time: 7:00-9:00PM*

*Location: Needham High School, Room 713*

*Fee: \$179 Code: 11102.2*



# Speak a Foreign Language

## Advanced Beginning Spanish

*Diana Garcia-Martinez, Instructor*

This class will be geared for those who have taken Diana's Beginning Spanish class or for others who have some basic introductory knowledge of the Spanish language. We will quickly review the conjugation of –ar, –er, and –ir verbs. We will learn the present progressive, the preterite and reflexive verbs. We will continue to practice simple conversations and learn more of the Spanish language and culture in a relaxed and supportive atmosphere. Prerequisite: a basic knowledge of Spanish, e.g., knowledge of the alphabet, numbers, noun-adjective agreement, use of the irregular verbs ser, estar, tener, ir, gustar, and the conjugation of regular verbs in the present tense. Limited to 15.

*Dates: 8 Wednesdays, February 28-April 25*

*(no class 4/18)*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 713*

*Fee: \$179 Code: 11106.2*

## Intermediate Spanish

*Diana Garcia-Martinez, Instructor*

This course is appropriate for students who have taken Diana's Advanced beginning class or another advanced beginning Spanish class. It will also be perfect for others who have a solid knowledge of the use of the present, present progressive, and past tenses and everyday vocabulary. We will review the present progressive, the past tense, and reflexive verbs and then dive into the imperfect tense, which will enable you to read and tell stories about events that happened in the past. We will also learn about the imperative tense and the correct use of por and para. Conversations and readings will become richer in language and more complex in structure as you learn and practice both new tenses and vocabulary. Join us in a relaxed and supportive atmosphere! Limited to 15.

*Dates: 8 Thursdays, March 1-April 26 (no class 4/19)*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 713*

*Fee: \$179 Code: 11124.2*

## Advanced Spanish

*Diana Garcia-Martinez, Instructor*

This course is designed for students who have taken Diana's Intermediate class or equivalent. The students who have a good command of the use of the imperfect, preterit, reflexive and imperative tenses will fit perfectly in this class. We will learn the subjunctive and, in addition, the present and past perfect tenses of the indica-

tive. Our conversations, written essays and readings will become richer and more expansive. Join us to expand your command of the Spanish language in a positive, supportive and growth-promoting atmosphere. Limited to 15.

*Dates: 8 Mondays, February 26-April 23*

*(no class 4/16)*

*Time: 6:30-8:30PM*

*Location: Needham High School, Room 713*

*Fee: \$179 Code: 14031*

## Conversational Spanish

*Diana Garcia-Martinez, Instructor*

Do you want to speak Spanish fluently? Do you have a solid knowledge base and strong vocabulary, but no opportunity to practice or improve? This class will provide ample opportunities for you to practice your Spanish as we read about and discuss current events, short articles and stories. We will have group discussions and explore different perspectives about an issue. Classes will also include brief lessons on advanced grammar to help students increase their mastery of the language. Join us – you will improve your Spanish, have fun, and enjoy interesting discussions with others! Limited to 18.

*Dates: 8 Tuesdays, February 27-April 24*

*(no class 4/17)*

*Time: 5:00-7:00PM*

*Location: Needham High School, Room 713*

*Fee: \$179 Code: 11112.2*

## Conversational French

*Christine Mirabile, Instructor*

Develop your French conversational skills in a relaxed and supportive environment. This speaking-intensive course, conducted almost exclusively in French, is designed for those with prior study of French who want to improve and build confidence in their use of the French language. Readings from newspapers and other sources will be sent to students ahead of class and will focus on current events and culture. Specific conversational skills such as how to give advice and how to express an opinion will be included. Returning Conversational French students are welcome! Join us for lively discussions and to expand your vocabulary and comfort speaking French. Limited to 12.

*Dates: 7 Thursdays, March 1-April 12*

*Time: 6:30-7:30PM*

*Location: Needham High School, Room 805*

*Fee: \$105 Code: 11122*

Languages

# Expand Your Mind *(Humanities)*

## Greek Myths and Literature **New!** *(Humanities)*

*Stephen Guerriero, Instructor*

Homer's epics of the Iliad and the Odyssey are considered the foundation of Western civilization. But, what do we actually know about these myths? This class takes a closer look at Greek literature in translation. We will look at the themes of what it means to be civilized, proper guest-host relationships, and the world of heroes and monsters imagined by the ancient Greeks. Why does the Cyclops eat his guests, rather than offer them something good to eat? Why does Pentheus dress like a woman to spy on worshippers of Dionysus, only to be ripped limb from limb by them? We will examine visual representation of myth like those seen on vase painting and in Classical Greek architecture. Limited to 20.

*Dates: 4 Tuesdays, February 27-March 20*

*Time: 7:00-8:30PM*

*Location: Needham High School, Room 406*

*Fee: \$95 Code: 14022*

## History of Modern Art **New!**

*Henry Altmann, Instructor*

Explore the history of Modern Art, from the influences of Paul Cezanne and African sculpture on the development of Analytical Cubism, to the Cubist revolution and the reaffirmation of the absolute reality of the picture plane. And, learn the significance of Picasso in all 20th century art. Limited to 15.

*Dates: 6 Wednesdays, February 28-April 4*

*Time: 3:00-4:00PM*

*Location: Center at the Heights*

*Fee: \$85 Code: 14023*

# Sing, Strum and Act *(Music and Theater Arts)*

## Guitar I for Beginners

*Jon Zucchi, Instructor*

Learn how to play the guitar in this supportive group session class. Classes will be geared towards complete beginners; no prior experience is needed. Develop basic guitar playing skills as you learn the essentials of first year guitar, such as: how to play chords G, C, D, A, E, B, F, A minor, D minor, and E minor; how to move from chord to chord; how to play with a steady beat; strumming; and how to use a Capo. The class will also consist of lessons on the 12-bar blues form, major and minor scales, and popular songs. Students will learn using visual aids such as chord diagrams, guitar tablature, and lead sheets. Bring your own acoustic guitar from home or use a Needham High School guitar during class. Limited to 12.

*Dates: 8 Thursdays, March 1-April 26 (no class 4/19)*

*Time: 6:30-7:30PM*

*Location: Needham High School, Room 605*

*Fee: \$115 Code: 11215.2*

## Guitar II for Advanced Beginners

*Jon Zucchi, Instructor*

Take your guitar skills to the next level. This class is designed for students who have taken Guitar 1 or have learned the basics in another setting. You will continue developing your guitar playing skills as you learn the essentials of 2nd year guitar, including how to play chords G7, C7, D7, A7, E7, B7, F7, A7 minor 7, D minor 7, E minor 7, B minor, and F minor. You will continue learning how to play with a steady beat, and how to strum the guitar in more complex ways. The class will study more complex and interesting 12-bar blues changes, major and minor scales, and popular songs. Bring your own acoustic guitar from home or use a Needham High School guitar during class. Limited to 12.

*Dates: 8 Thursdays, March 1-April 26 (no class 4/19)*

*Time: 7:30-8:30PM*

*Location: Needham High School, Room 605*

*Fee: \$115 Code: 11216.2*

# Sing, Strum and Act *(Music and Theater Arts)*

## Ukulele for Everyone **New!**

*Daniel Metraux, Instructor*

Ukuleles are cheap to buy and fun to play! This class is open to new and experienced ukulele players. Even beginners with no prior music knowledge will be playing in no time. Through the course, you will learn the basics about the ukulele, how to strum, how to tune your ukulele, basic chords enabling you to play hundreds of songs, strumming patterns, and fingerpicking. Intermediate players will be able to work on improving their technique. And, anyone who likes to sing will be encouraged to sing along to any of the numerous songs we will learn in the congenial class atmosphere. **Please bring your own ukulele, a tuning app or device and a printout of the music that will be emailed to each student prior to each class.** Limited to 20.

*Dates: 6 Wednesdays, March 7-April 11*

*Time: 6:30-7:30PM*

*Location: High Rock School, Room 316*

*Fee: \$129 Code: 14032*

## Broadway Piano Bar with Needham

### Community Theater **New!**

*Margie Brodsky, Instructor*

Do you like to sing in a group? Join in around the piano for an hour of a good old-fashioned, sing-along fun. The

focus will mainly be Broadway tunes, but if you would like to sing other songs (Carol King, James Taylor, Beatles etc.), we can do that too. If there is interest, the final class can be a presentation of our favorite songs to friends and family. Limited to 25.

*Dates: 6 Wednesdays, March 7-April 11*

*Time: 7:45-8:45PM*

*Location: High Rock School, Room 314*

*Fee: \$129 Code: 14033*

## Improv Your Mind **New!**

*Kristen Mazzocchi, Instructor*

Aside from being a fun and engaging theater art form, improvisational theater (improv) also stimulates memory and brain health. You and your fellow participants will participate in spontaneous, unscripted improv games. The atmosphere will be warm and inclusive for both improv novices and those with some prior experience. You will have a great time, laugh a lot, and make new friends. Limited to 20.

*Dates: 8 Thursdays, March 1-April 26 (no class 4/19)*

*Time: 10:00-11:00AM*

*Location: Center at the Heights*

*Fee: \$105 Code: 14034*

# Classes for Teens *(and their parents)*

## Full ACT and SAT Prep Courses

NCE is pleased to continue the SAT and ACT Prep classes. The teachers are all experienced with test prep and are known for their engaging, dynamic, and effective classes. Each prep course includes 8 teaching sessions and three full-length practice exams. Students will engage in a variety of learning experiences, with differentiated instruction tailored to meet the needs of students with a wide range of learning styles and abilities. Classes are limited in size to allow for small group work and individual attention from the teachers. Fee includes materials. **Note: Students should bring a pencil and calculator class.**

## Test Prep Instructors

*Coordinator:* Brian Herrmann

*Instructors:* Melanie Bunda (Math); Kathryn Cadavievo (Math); Katie Eschle (Critical Reading and Writing), Brian Herrmann (Critical Reading, Writing and Math), Mike Higashi (Math), Dan Hudder (Critical Reading, Writing, and Math), Doug Kopcsó (Critical Reading and Writing), Theresa Levy (Critical Reading and Writing), and John Shea (Math)

### *Why you should select an NCE test prep program:*

**Price:** NCE test prep classes are 30% less than a comparable commercial offering.

**Value:** Low student/teacher ratio (average 8/1), and 3 practice tests included in the full test prep course.

**Quality:** Well-structured curriculum with seasoned instructors.

**Results:** The majority of students see meaningful results.

**Convenience:** All classes are held at NHS.

**Familiarity:** All instructors are current or retired NHS staff members.

# Classes for Teens *(and their parents)*

## SAT Test Prep Courses

LEADS

*The following sections are in preparation for the May 5, 2018 SAT:*

**11601.3 \$665**

11 Saturdays @ Needham High School, Rooms 701/702

10am-12:30pm (till 2pm on test days\*)

January 27 \* & February 3, 10, 17 & March 3, 10\*, 17, 24 & April 7, 14\* & 28

**11601.4 \$665**

11 Mondays @ Needham High School, Rooms 701/702

6-8:30pm (till 10pm on test nights\*)

January 29\* & February 5, 12, 26 & March 5, 12\*, 19, 26 & April 2, 9\* & 23

*The following section is in preparation for the June 2, 2018 SAT:*

**11601.5 \$665**

11 Tuesdays @ Needham High School, Rooms 701/702

6-8:30pm (till 10pm on test nights\*)

March 13\*, 20, 27 & April 3, 10, 24\* & May 1, 8, 15, 22\* & 29

**11601.6 \$665**

11 Wednesdays @ Needham High School, Rooms 701/702

6-8:30pm (till 10pm on test nights\*)

March 14\*, 21, 28 & April 4, 11, 25\* & May 2, 9, 16, 23\* & 30

## ACT Test Prep Courses

*The following section is in preparation for the April 14, 2018 ACT:*

**11607.2 \$665**

11 Wednesdays @ Needham High School, Rooms 701/702

6-8:30pm (till 10pm on test nights\*)

January 24\*, 31 & February 7, 14, 28 &

March 7\*, 14, 21, 28 & April 4\* & 11

*The following section is in preparation for the June 9, 2018 ACT:*

**11607.3 \$665**

11 Tuesdays @ Needham High School, Rooms 701/702

6-8:30pm (till 10pm on test nights\*)

March 20\*, 27 & April 3, 10, 24 & May 1\*, 8, 15, 22, 29\* & June 5

*"Coming into this ACT class I didn't know much about the test, but the teachers quickly got me on track to perform well for the real exam. A new face teaching each subject of the test allowed for different approaches within each section. The instructors helped with my organization for taking the test by focusing on one topic at a time as well as offering different strategies."*

## ATTENTION PARENTS:

### College Application Process: Tips for Reducing Your Child's Stress **New!**

*Eric Stutman, Instructor*

Perhaps you've heard stories about the stress of the college admissions process. Or you may have already experienced it first hand with one of your children. What you might not know is that you can eliminate a lot of the stress by planning ahead--the earlier the better! This interactive session will give parents of any high school student an understanding of the college admissions timeline, and what they can be doing now to reduce the stress often associated with the process. The class will include tips for busy families regarding SAT and ACT tests, college visits, creating a great college list, and types of financial aid. Limited to 15.

*Date: Monday, March 5*

*Time: 7:00-8:30PM*

*Location: Needham High School, Room 206*

*Fee: \$29 Code: 14035*

## Advanced Driver Training

Needham Community Education is pleased to promote an advanced driver's training program for Needham students through In Control Family Foundation at a discounted rate of \$275 (\$75 off the regular rate of \$350). The In Control Crash Prevention program provides students with valuable hands-on experiences in skid control, accident avoidance, and other crucial driving skills that cannot be practiced on public roads. Professional racecar drivers instruct students in both a classroom setting and behind the wheel at various locations: the primary training facility in North Andover, at Barnes Airport in Westfield and Pease Airport in Portsmouth, NH. Parents are encouraged to accompany their students to the 4 1/2 hour training, observing the in-car instruction and joining in for the classroom portions. The ideal time for students to take this course is after they have completed the on-the-road training of the Driver's Education course, but before or soon after they obtain their license (a learner's permit is required). Additional family members can take the training for a reduced rate of \$230 each. Visit [www.DriveInControl.org](http://www.DriveInControl.org) for more information. In addition to the Needham HS discount, you may also get a discount from your insurance company. **To register, go to [www.DriveInControl.org/NeedhamHS](http://www.DriveInControl.org/NeedhamHS) or call (978) 658-4144 (and mention Needham High School for the discounted rate).**



# Meet the NCE Instructors

**Carol Agranat** is a Career Strategist and business owner of Career Mapping Solutions ([www.careermappingsolutions.com](http://www.careermappingsolutions.com)). Carol also runs the Boston region for a national women's leadership development organization, and she is a seasoned Institutional Client Relationship Manager who is lauded for her strengths as a dedicated service provider, creative problem solver, thought leader and professional mentor. With a successful 30-year track record in the financial services, professional development, and technology industries, Carol brings a level of expertise, breadth of experience and passion that inspires and enables the success of her clients, mentees, students and colleagues.

**Henry Altmann** is a realist painter, working in watercolor and pastels. As well, he has been an art history professor for many years, teacher at Boston University, Lesley University, and Fisher College.

**Dave Becker** is the chef and owner of Sweet Basil in Needham, recently named one of the top 50 restaurants in Boston, by Boston Magazine. With the opening of Juniper in Wellesley in July of 2014, Dave now owns and operates two very popular eateries in the area. Dave has worked in kitchens for over twenty years, in Boston, Napa Valley, and Italy. He opened Sweet Basil in 2000. Dave has also written two cookbooks, *Thrown Out of an Italian Kitchen: Recipes from Sweet Basil*, and *Stewed*.

**Margie Brodsky** is a retired elementary music teacher of 38 years from the Newton Public Schools. In her younger years she entertained in piano bars in the greater Boston area. Currently, Margie is a regular sing-along leader at Canyon Ranch in Lenox, MA and she teaches *Music with Margie* to toddlers at Temple Aliyah in Needham.

**J. Scott Brumit** has been studying various forms of martial arts since 1983. He has studied and taught Kung-Fu, Tai Chi, Qigong, and numerous weapon forms. He has been performing, directing, and producing opera throughout the U.S. for over 40 years. He is also the founder and general director of the Longwood Opera Company, based in Needham.

**Eddie Bruckner** is a professional artist who creates original acrylic abstract paintings and teaches personalized, in-home art lessons for all ages. He has a BA from Brandeis University, two masters degrees, and is a Grumbacher certified art instructor. His paintings have been exhibited in galleries on Newbury Street in Boston, and in NYC and Providence. Eddie's artwork has been selected for many prestigious juried art shows, including Cambridge Art Association's National Prize Show and Connecticut Academy of Fine Arts Annual Juried Exhibition. For more info, go to [www.EddieBruckner.com](http://www.EddieBruckner.com)

**Melanie Bunda** has an MS in Chemistry from the University of Notre Dame, and a BA in Mathematics and a BS in General Sciences from York College. She began her career as an R & D Chemist at a startup company in Lexington before transitioning to teaching in the fall of 2014.

**Kate Cadavieco** has a BS in Chemistry and a MEd in Education, both from the University of Massachusetts, Amherst. She has been a Chemistry and Physics teacher at Needham High School since the fall of 2014, and is also the science coach for Needham's tenacity challenge team.

**Linda Colozzi** is a Needham resident who has provided services locally, nationally and internationally through her private practice and employment as a counselor, coach and spiritual director.

**Marilyn Cruickshank**, a Needham resident, is the owner of Creative Simplicity Organizing and Productivity, LLC, providing individuals, families, small businesses, and non-profits with systems and solutions to increase efficiency and get organized. Marilyn is a member of the National Association of Professional Organizers (NAPO).

**Maggie Curtis** graduated from Northeastern University with her Doctorate in Physical Therapy and is now expanding her education by taking classes at the Institute of Physical Art in order to enhance her growth as a manual therapist. She is pursuing a certification in vestibular rehabilitation. Maggie has experience working in an outpatient setting with post-surgical and orthopedic patients as well as working at both an acute care and rehabilitation hospital. She strives to help people and loves watching them improve so they are able to return to the things they love without pain.

**Soraya Doherty** has over 15 years experience in the fitness industry and a lifetime as both a belly dance enthusiast and practitioner. She is the owner and creator of RAQISA®, and trains dance and fitness professionals on the East and West Coasts to become certified instructors. She is the proud recipient of "The People's Choice Award" in the 2013 Boston's Grande Dame Belly Dance Diva Competition, as well as many other awards in various categories. Soraya holds a BA from San Jose State University, and an MA in Theatre Arts from San Francisco State University and is ACE, AFAA, and AEA certified. For more information, visit her website: [www.raqisa.com](http://www.raqisa.com).

**Matt Donovan** has 25 years experience as a bike mechanic and avid rider and racer. He is the third generation manager of Dedham Bike, founded in 1932.

**Dr. Jacob Drew** is a fellowship-trained total joint replacement surgeon with Beth Israel Deaconess and Instructor at Harvard Medical School. A Massachusetts native, he completed medical school and a residency in orthopedic surgery at the UMass Medical School. After completing the prestigious Adult Reconstruction Fellowship at OrthoCarolina in Charlotte, NC, he joined the Department of Orthopaedics at Medical University of South Carolina as an Assistant Professor. He recently returned home to join the practice at BIDMC where he sees patients in Needham, Chestnut Hill, and Boston, and performs surgery at BIDMC, BID-Needham, and New England Baptist Hospital. Dr. Drew is considered an expert in the non-operative care of arthritic joints, and specializes in primary as well as complex revision joint replacement surgery. He is an accomplished researcher, and ongoing projects focus on strategies to minimize postoperative pain following joint replacement and the safe performance of minimally invasive joint replacement, including the direct anterior approach.

**Katie Eschle** has an undergraduate degree in Spanish from the University of Mary Washington, and a MEd with a concentration in Spanish from Framingham State College. She

# Meet the NCE Instructors

teaches Spanish at Needham High School, has taught SAT Prep classes for Needham Community Education since the fall of 2006.

**Sue Findlay** has spent her career helping people make healthy choices for themselves. Currently a health coach, she began her career as a clinical social worker, and expanded the support she offers by attending culinary school and pursuing a certificate in nutrition counseling. She has worked with individuals and families to improve their health in a range of settings, and has a passion for helping people learn healthy cooking techniques.

**Michael Galperin** has achieved the title of Combat SAMBO Grandmaster from the World Martial Arts Alliance, and was inducted into the Hall of Fame by AAU-USA. He studied with one of the founders of SAMBO in Russia, and has taught self-defense Combat SAMBO both in Europe and the U.S. for various law enforcement, military, and community organizations for over 60 years. He is the founder and President of the U.S. Combat SAMBO Association and Director of the Instructors Academy of Combat SAMBO.

**Diana Garcia-Martinez, M.S.**, is TEFL certified and has over 10 years of experience teaching languages including Spanish, French and ESL. Diana, a long-time Needham resident, teaches both group and private Spanish and French classes at the Boston Language Institute. She has taught Spanish to business executives and other professionals with technical and other backgrounds, across a wide spectrum of language proficiencies. Corporate clients include, among others, Dunkin Donuts, Banco Santander, Trip Advisor, and Ocean Spray. Diana completed her undergraduate studies at the National Polytechnic Institute in Mexico City and obtained her Master's degree at MIT.

**Rita Glassman** has been practicing energy medicine for more than 20 years. She is a Reiki Master/Teacher and is certified in Medical Reiki. She is also a Reiki volunteer at the Brigham Hospital.

**Jori Grossack** is an avid bridge player, having earned over 2500 master points. She teaches bridge in many local venues, bringing enthusiasm and fun into the classroom. She is both a committed teacher and student of the game she loves.

**Stephen Guerriero** is a sixth grade teacher in the Needham Public Schools with over 15 years of experience. He is a leader in his department and he uses his extensive expertise to create engaging course designs for sixth grade students in Social Studies, which include curriculum based on archaeology, Ancient Greece and Rome, Egypt, and the Near East. He grew up in Boston, attending Boston Latin before graduating from Boston University with a B.A. in International Relations and Italian Literature. He earned a Masters in Education from Boston College and a M. A. in Ancient Greek and Roman Studies from Brandeis University. He is fluent in Italian and has lived in Italy. Stephen's passions are Classical history and archaeology, and he has participated in archaeological excavations in both Italy and Greece. He is a major museum geek and serves on the Educator Advisory Board of the Museum of Fine Arts, Boston.

**Kate Hamm** loves to be a catalyst for others by inspiring and teaching them to find their path to wellness. Over the years, she has assisted thousands of celebrities, executives, athletes, and fitness enthusiasts lose weight and adopt healthier habits. Her yoga classes infuse several modalities to improve flexibility with strength and biomechanics. Many of her classes include Yoga Tune Up® therapy balls to increase embodiment and enhance the yoga practice. Kate believes that yoga is for everyone. Kate has a BS in Exercise Science from Ithaca College.

**Brian Herrmann** has been an educator for over a dozen years. He first taught in Colorado and Vermont before returning to Massachusetts. He earned his BA from Bates College, an MAT from Boston University and a PhD from Boston College. He currently lives in Hull, where he spends his free time playing basketball and resting on the beach with his family.

**Mike Higashi**, recently retired NHS guidance counselor, received a BA in psychology from Yale University, a MEd from the University of Hawaii, and a CAES from Boston College. Prior to Needham, he counseled students at the Iolani School in Honolulu, and for nine years co-directed Hawaii's largest SAT Prep program. He has led SAT Prep workshops at The College Board Western Regional Conference and at The Hawaii Association for College Admissions Counseling Conference, and has taught SAT Prep classes for Needham Community Education since the fall of 2005.

**Jane Hirschhorn** is a writing tutor with more than twenty years of experience working with students in middle school through graduate school. She tutors Boston-area students with a wide range of abilities and learning styles. For nine years, Jane was a writing tutor at the Mount Ida College Writing Center, and was promoted to supervisor. She holds a Master of Arts in Teaching from Tufts University and a Bachelor's degree in English from Emory University. Jane owns JBH Tutoring, a writing tutoring business based in Newton.

**Jennifer Marie Hofmann** has been making soap for over eight years. She fell into it by accident, but once she made her first batch of soap, she found that she couldn't stop! Jennifer continues to study her craft and experiment with new designs. Her goal is to make great bars of soap and bath products that are also visually fun. Jennifer sells her own soaps and body products and can be found at many local farmers markets and craft fairs. She has passed her Advanced CP/HP certification test and is a Certified Teacher through the Handcrafted Soap & Cosmetic Guild. Her website is [www.jennifersoap.com](http://www.jennifersoap.com).

**Sarah Huber** is a staff member at the Needham Science Center. She holds a Masters Degree in science education. Prior to coming to Needham, Sarah worked at the Museum of Science in Boston and at Mass. Audubon/Habitat in Belmont.

**Dan Hudder**, former NHS English teacher, received his BS in English Education from NYU, his MA in American Studies from UMass Boston, and his M.Ed. in Organizational Management from Endicott College. In collaboration with a former Needham High School colleague, Dan founded, designed, and coordinated Needham Test Prep, an SAT preparation program in Needham. Dan has taught Test Prep

# Meet the NCE Instructors

classes for Needham Community Education since the fall of 2005.

**Peter Kane** is a mechanical design engineer and high school science teacher with a broad knowledge of climate change science and energy systems. He worked in the solar field for almost two decades, prior to switching careers to become a teacher, and served as the chair of the Westwood Environmental Action Committee for five years. Peter is passionate about environmental issues and is eager to share his knowledge and experience with others. He has recently gone back to school for a master's degree in education and has been teaching physics and environmental science at Norfolk County Agricultural High School in Walpole.

**Susie Kaplan** is a certified Primary Group Exercise Instructor through AFAA (Aerobics and Fitness Association of America). She currently teaches at area health clubs and at Newton Wellesley Hospital. In addition to teaching, she has run many road races and maintains an active and healthy lifestyle with her family in Needham.

**Sharon Katz** moved to Needham nine years ago and has been playing mah jongg ever since. With a master's degree in Education from Boston University, Sharon has been a teacher for more than 25 years. Sharon is excited to fuse her passion for the game of mah jongg with her professional training as an educator.

**Michelle Keefe** wants you to love yoga! Her light-hearted approach offers a comfortable atmosphere for every level of student, and her vinyasa style classes are taught with intelligent sequencing that leaves students feeling centered, energized, and relaxed. Michelle's mission is to instill the importance of physical alignment for a safe and beneficial yoga practice while also helping students to integrate the sensations of yoga off the mat and into daily life--developing a wholesome self. Others do the same. Teaching yoga is a great privilege, and Michelle loves guiding individuals through their own practice.

**Doug Kopcsó** holds a BS in Business Administration from Babson College and completed his teacher licensure in 2005, earning his PBTL from Framingham State College. He has taught SAT Prep classes for Needham Community Education since the fall of 2005.

**Karen Leeds** teaches Swing, Latin, Ballroom, and Night Club Two Step. She has taught for Swing City, Boston Sports Club, Boston Adult Education and Kathy McCrohon Dance Center. Karen also gives private lessons for wedding couples in Wellesley. View more information on her website [www.KarenLeeds-Dance.com](http://www.KarenLeeds-Dance.com)

**Theresa Levy** has a B.A. in English from Fordham University and an M.A. in English from Queens College. She taught for two years in higher education before joining the English department at Needham High School in 2011. She has also published articles on Willa Cather. She teaches both test prep classes for high school students and also a Summer Explorations class, both for Needham Community Education.

**Michel L'Huillier** studied Fine Arts and Art History in Strasbourg, France and has over 25 years of experience working in stained glass and glass fusing. Although his primary focus is on architectural commissions using these two techniques, he also creates unique decorative fused glass objects. With great enthusiasm and humor, Michel has enjoyed sharing his passion for glass art forms with students in adult education and glass schools in the Boston area since 2004. For more information and to see photos of Michel's and his students' projects, go to [www.michellhuillierglass.com](http://www.michellhuillierglass.com).

**Howard Loewinger** has been working with computers his entire career, as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010, he has taught IT courses at a community college, and classes for adults and children in a local community education program.

**Paul Malagrifa** is a Certified Wine Educator who has been avidly pursuing his passion for wine for well over 20 years. A winemaking hobby begun in the 1980s spurred him to begin collecting and studying the wine making of others. Paul writes, teaches and lectures frequently on the topic of wine appreciation, and conducts regular wine education classes and seminars in the greater Boston area. His website [www.musingson-thevine.com](http://www.musingson-thevine.com) aims to share his passion about wine, strip away the mysteries surrounding wine, and provide a resource for those "who just want to be able to buy a decent wine to drink with dinner tonight."

**Ari Marcovski** grew up in Israel to American parents and is fully bi-lingual and versed in both Israeli and American cultures. Ari has been a teacher for almost 3 decades, and has taught students of all ages in a range of subjects. He coaches team sports, has a background in sales and muscular therapy, and has been a Hebrew teacher at the Rashi School for the past 8 years, (a K-8 private, reform Jewish day-school). He has also taught Hebrew at Temple Israel, Temple Beth Shalom, Keshet afterschool and privately. Ari brings teaching expertise, enthusiasm and a love of language, community and learning to his teaching.

**Tom Matzell** is a semi-retired Boston television and advertising executive who has successfully sold four homes without a broker, saving almost \$90,000. He has also completed training to be a real estate agent. With a BA in Theatre and Communications, and 40 plus years experience as a performer and marketing guru, Tom is right at home in front of a class willing to learn something new and have fun doing it.

**Len May** is a graduate of MIT's Sloan School of Management. He transitioned to a career in long-term care planning and insurance after he saw the consequences of both of his parents needing extended care. Len is an independent, certified long-term care specialist. He shares his expertise by conducting seminars for consumers and by consulting with financial professionals to assist them with their clients. Len may be reached at [lenmay@alum.mit.edu](mailto:lenmay@alum.mit.edu).



# Meet the NCE Instructors

**Kristen Mazzocchi** was a main stage performer at the Improv Asylum in Boston's North End. She works in the field of arts education and enjoys using improv as both a tool to teach acting and to help others with communication, speaking and memory.

**Sally Meding** is a signature member of the Southwestern Watercolor Society, and a native of London, UK. She earned a PhD in Freiburg, Germany and immigrated to the United States in 1990. Sally creates semi-abstract work in watercolor on paper, and has won numerous awards for her work, including first place in November of 2014 in the Rhode Island Watercolor Society Open Juried Exhibition. She also teaches beginning and intermediate watercolor and graphite drawing classes at 5 Crows Gallery in Natick, Keefe Tech in Framingham, and The Post Road Art Center in Marlborough, MA. For more information and to view Sally's artwork, go to [www.sallymeding.com](http://www.sallymeding.com)

**Daniel Métraux** was born and raised in Switzerland where he learned how to play the ukulele in his teenage years. Many years later his interest in the little instrument was revived when asked to take over a small group of players in Weston, which was followed by an invitation to lead another group in Dover. Starting with 7 players 4 years ago, the interest has grown to 65 players today.

**Christine Mirabile** loves French! From her first French class at eight years old, she fell in love with the language and continues to study it. While living in Brussels with her family, she had the opportunity to speak French everyday and to travel extensively in Europe. She is a graduate of Boston College and Tufts University and taught French in the Needham Schools for nine years. She is a member of the Massachusetts Foreign Language Association and the French Cultural Center of Boston.

**Kate Murray** has been surrounded by handiwork all of her life; knitting and crocheting were skills that everybody had, and were a way to make blankets for the babies, and lace for the table. In recent years, Kate took the NCE adult education Knitting class to learn to read patterns – opening up a whole new world of possibilities. When not knitting, she teaches middle school science and math in Boston. She has a BS in Biology from UNC Chapel Hill, and a Masters in Secondary Science Education from Columbia Teachers College.

**Joanne Neale** is the owner of Needham-based Garden Mentor™. Since 200, she has provided Metrowest homeowners with garden design (from plant lists to full landscape plans), consulting on plant identification and care, and personal plant shopping services. Her gardening philosophy is based on a commitment to use of native plants in the landscape. Joanne was a speaker in the 2017 Boston Flower and Garden Show and has been feature in articles in the Boston Globe, Needham Times, and Improper Bostonian. Her articles on plants and gardening have been published in PITH + VIGOR, and she has won awards for her garden photography. Her own Needham landscape includes a woodland garden, a mini-meadow, pollinator gardens, raised perennial beds and extensive bulb plantings, and was included in the first Needham Women's Club Garden Tour in 2012.

**Anne Nydam** is a Needham resident whose relief block prints have illustrated many books and magazines, and are in private collections from New England to Japan. She taught middle

school art for ten years, and continues to teach printmaking workshops and summer classes, as well as exhibiting her block prints at numerous shows in the area throughout the year. For more information, go to [www.nydamprints.com](http://www.nydamprints.com).

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

**Diana Parkhurst** has a BS in Physical Education and a MS in Teaching and Administration, both from Springfield College. She has been a member of the Needham High School Physical Education & Wellness department since 2005, and before that taught physical education at Newman Elementary School. She received the 2009 Massachusetts Secondary Teacher of the Year for Physical Education. Diana is also the head coach for the NHS Boys Rugby Club, head coach for the Northeastern Women's Rugby Club, and serves as coach, player, and captain of the Boston Women's Rugby Club.

**Elena Razeto** was born in Genova, Italy. In 2008 she received her master degree in Architecture from the University of Genova. While getting her degree she spent one year studying abroad in Spain at the University of Granada, becoming fluent in Spanish. After receiving her degree, she moved to the Boston area and started working there and tutoring children and adults who wanted to study and improve their Italian. Besides teaching with NCE, Elena also teaches Italian to children in Newton and volunteers for an association that organizes readings and play-dates for Italian speaking children in the Boston area. Elena is a mother of two, a very easy going and fun person who is always available to her students.

**Nan Rumpf** has a BA from the University of Iowa. She has studied watercolor painting with several instructors, including Susan Swinand, Lois Smiley and Cheng Khee Chee. She currently teaches art classes at the Danforth Museum School in Framingham, and at the Concord Art Association. Her paintings have been exhibited at the DeCordova Museum School Gallery, the Danforth Museum, The Art Complex in Duxbury, The Clinton Art Show (Best in Show), and many other venues. You can view her work at [www.nanrumpf.com](http://www.nanrumpf.com).

**Leslie Schofield**, for two decades, has been training men, women, and children of varying degrees of fitness from seniors and cardiac rehab participants to high school-age athletes to elementary school-age children. She has taught, and is still teaching, many types of classes such as; Pilates, step, Hi/Low, interval, Circuit, TRX, sports-based training, boot camp, cycle/spinning, Turbokick®-style kickboxing, Group Power®-strength training and muscle strength/conditioning. As a fitness instructor and trainer, Leslie most enjoys working with people and helping them achieve their fitness goals. Leslie is an AFAA certified group exercise instructor since 1990 and AFAA certified personal trainer since 1992 as well as ACSM certified personal trainer since 2010.

**Steffi Shapiro** has both a MSW and is a R.Y.T. (Registered Yoga Teacher), and is the founder and director of The Well Street Station in Watertown. She has combined her background in social work and yoga to work in various settings for over



# Meet the NCE Instructors

30 years. She currently teaches at several senior centers and senior facilities in the area. She is a member of both the Mass Yoga Network and national Yoga Alliance, and often presents workshops at national conferences.

**Susan Shaver** has taught gentle, restorative and vinyasa yoga in fitness centers, yoga studios, schools and private settings to children, teens and adults since 2003. Through formal Teacher Training programs and master workshops, she has studied with Judy Baker, Sean Corn, Rosemary Todd Clough, Ana Forrest, David Swenson, and Patricia Walden and has completed her 500-Hours with Master Teachers Claire Estes-McDonald & Gregor Singleton of divine play yoga. Susan, also a Reiki Master Teacher, lives in Needham with her husband and teenagers.

**John Shea** has a BS in Mathematics from the University of Massachusetts at Dartmouth, an MBA with a concentration in Management from Bentley College and a MEd from the University of Massachusetts at Boston. John has been a math teacher for over 12 years, and is currently teaching math and serving as the Math Department chair at Needham High School. John has taught SAT Prep classes for Needham Community Education since the fall of 2008.

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

**Elizabeth Spencer** has an M.S.W from Simmons College School of Social Work and is a psychotherapist in private practice. She was a docent at the Davis Museum, has led workshops at several Boston area art museums, and given talks about the overlap of the creative process in art viewing, art making, and psychotherapy. For more info, go to [www.elizspencer.com](http://www.elizspencer.com)

**Theresa Strachila** manages the Needham Community Farm, a nonprofit advancing food justice through food donations and educational programming. She has been farming for over 4 years and gardening for most of her life. Her focus is on small-scale sustainable and organic vegetable production while creating a more just food system. Theresa has a B.A. from Boston University and is originally from Washington State.

**Eric Stutman** is owner of Needham-based Top Choice College Consulting, helping families navigate the college admissions process including college lists, financial aid, essays and applications.

**Dan Tavan**, a graduate of Cornell's hospitality school and the Culinary Institute of America, believes that everyone should be able to safely enjoy delicious healthy foods. He recently opened True Taste, which delivers naturally delicious, sustainably sourced, dedicated gluten-free and allergen friendly fare in Needham and the surrounding areas.

**Nick Taylor** is a scotch and whiskey instructor, writer and traveler, having visited over 65 distilleries in the United States,

Scotland and Japan and written numerous pieces. In addition to writing and speaking about whiskey, Nick is the Founder & President of Taylor & Taylor Whiskey Co., a nascent whiskey education company and independent bottler, which he and his brother are working hard to grow. Nick loves to be active in every part of the whiskey hobby and industry and his enthusiasm, first-hand involvement in sourcing whiskey and abundant whiskey knowledge make him an entertaining and informative instructor (and a very happy one).

**Dr. Robert Thomas** is Associate Professor of Medicine, Harvard Medical School, and the Director of the Sleep Center at BID-Needham, and the Sleep Medicine Training Program at BIDMC. He performs research in the areas of sleep apnea, sleep tracking devices, circadian rhythms, and brain health in sleep disorders, and teaches/publishes extensively in the US and internationally.

**Michael Toon** is certified in PC service and support from Clark University and has a master certificate in PC networking design with security from American Career Institute. Michael has provided tech support to various community organizations and schools, and teaches computer classes in several area community education programs in both PC and Mac environments.

**Dina Troen-Krasnow** studied Fine Arts at Columbus College of Art and Design. She has taught art to children and adults for over 20 years. She currently teaches mosaics at her studio in Needham, Gorse Mill Studios.

**Jen Tuttelman**, MS, RD, SNS is a registered dietitian and school nutrition specialist. She works for the Needham Public Schools' Nutrition Department as the Nutrition Outreach Coordinator, promoting healthy eating for the entire Needham School community. In addition to her passion for healthy food and cooking, Jen has a crafty side. She has made a variety of beaded jewelry over the years, selling her items in boutiques in Florida and the Cape. Jen is always looking for new jewelry pieces to create to keep up with the current styles.

**Mike Woloshyn** is a professional upholsterer who has taught upholstery for Needham Community Education for many years, and has developed a following of very enthusiastic students.

**Peter Yaffe** is a retired financial adviser and long-time Newton resident. Peter has taught The Stock Market Game™ class for kids for more than ten years and for adults for two years. He enjoys sharing his inside knowledge of the industry and his students have had impressive results in The Stock Market Game, winning the state competition twice.

**Jon Zucchi** received his masters in music education from the Boston Conservatory at Berklee and studied music theory and composition at Providence College. He has 15 years of teaching experience with students of all ages and abilities. His areas of interest include folk, rock, and pop, and he enjoys playing electric and steel-string guitar. He is currently teaching Guitar 1 and 2 at Needham High School, as well as directing the Contemporary Music Ensemble there. Jon believes that the basics of music instrument playing are accessible to everyone.



## Late Winter/Spring 2018 Registration Form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

*Required for credit card payments*

Preferred Phone # \_\_\_\_\_ Email \_\_\_\_\_

NCE uses photos from classes for NCE promotional purposes. If you DO NOT want your photo used, please check this "opt out" box: ☐

Participation of Minors in Adult Education Classes: Parents/guardians, please be aware that if you register your under-18 year old child for an adult education class you are agreeing to the following:

*I hereby consent to my son's/daughter's participation in the Needham Community Education adult education program, the taking of photos of my child and/or promotion of the program and to his/her use of the Needham Public Schools facilities and equipment. I further agree to release and hold harmless the Town of Needham, Needham Public Schools and their employees, agents and assigns from any and all liability or expenses arising out of any incident involving, or any account of any injury to my minor child in connection with such a program. I accept full responsibility for all costs for any such emergency treatment. I agree to abide by all NCE policies.*

Course Code	Course Title	Fee
		Total:

## 4 Easy Ways to Register

**Online:** <http://www.Schoolpay.com/link/NCEAdultWS18>

**Phone:** Call NCE between 8:00AM and 4:00PM at 781-455-0400 x235

**Mail:** Send form and payment to NCE, 1330 Highland Ave., Needham, MA 02492

**Come in:** Register in person at NCE, between 8:00AM and 4:00PM, 1330 Highland Ave., 1st floor

Checks should be made payable to NCE.

Office Use: Tally \_\_\_\_\_ Batch # \_\_\_\_\_ Check # \_\_\_\_\_

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

Credit Card #: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_

# Program Policies

**Confirmations:** If you register by credit card you will receive a confirmation email from Schoolpay, our online registration system. If you register by check or cash, you will receive an email confirmation from NCE. If no email is provided, or cannot be read clearly, you will not receive any confirmation. **For mailed registrations**, if the class is full when the registration is received, NCE will call you immediately to let you know and you will be placed on the wait list.

**Canceled Classes:** Sometimes an NCE class has to be canceled, due to low-enrollment or an instructor no longer being able to teach the class. When a class is canceled, all registrants will be contacted immediately by phone and will receive a full refund.

**Refunds:** NCE will issue a full refund when a class is canceled. You may withdraw from a class and get a refund (minus a \$10 processing fee) if you notify us at least one week before the class start. We are unfortunately not able to give refunds or credits once a class has begun. Refunds are made by check from the Town of Needham and may take up to four weeks to be processed.

**Wait Lists:** If a class is full and you wish to be placed on the wait list, please contact NCE and provide a daytime number and email address so we can reach you if a space becomes available.

**Processing Fee for Changes:** You may change your registration from one class to another (provided there is room in the class); a change fee of \$10 will be charged.

**Scholarships:** Scholarships are available for those who qualify; please call NCE for more information.

**Evaluations:** Evaluations will be handed out at the end of each course. Please take a few minutes to give us your feedback – we listen to what you say!

**Photos:** NCE uses photos from classes for NCE promotional purposes. If you DO NOT want your photo used, please check the “opt out” box upon registration.

**Holidays/ School Closings/ Inclement Weather:** Classes follow the Needham Public Schools schedule, unless noted in the class description. If the Needham schools have been canceled due to bad weather, the adult education classes will be canceled as well. Please check the Needham Public Schools website for information regarding weather related closings: [www.needham.k12.ma.us](http://www.needham.k12.ma.us).

#### **Participation of Minors in Adult Ed Classes:**

Parents, please be aware that if you register your under-18 year old son or daughter for an adult education class you are agreeing to the following:

*I hereby consent to my son's/daughter's participation in the Needham Community Education adult education program, the taking of photos of my child and/or promotion of the program and to his/her use of the Needham Public Schools facilities and equipment. I further agree to release and hold harmless the Town of Needham, Needham Public Schools and their employees, agents and assigns from any and all liability or expenses arising out of any incident involving, or any account of any injury to my minor child in connection with such a program accept full responsibility for all costs for any such emergency treatment. I agree to abide by all NCE policies.*

## Programs for the whole family!



## 4 Easy Ways to Register!

### Online

Online:

[www.schoolpay.com/link/NCEAdultWS18](http://www.schoolpay.com/link/NCEAdultWS18)



By Phone:

781-455-0400 X235

Give us a call any time between 8:00 and 4:00, Monday-Friday, and we will be happy to assist.



By Mail:

Mail registration form and payment to: NCE  
1330 Highland Ave.  
Needham, MA 02492

### Walk-in

We love visitors!

Come register in person at NCE  
1330 Highland Ave. (1st floor)  
between 8:00 and 4:00,  
Monday-Friday.

