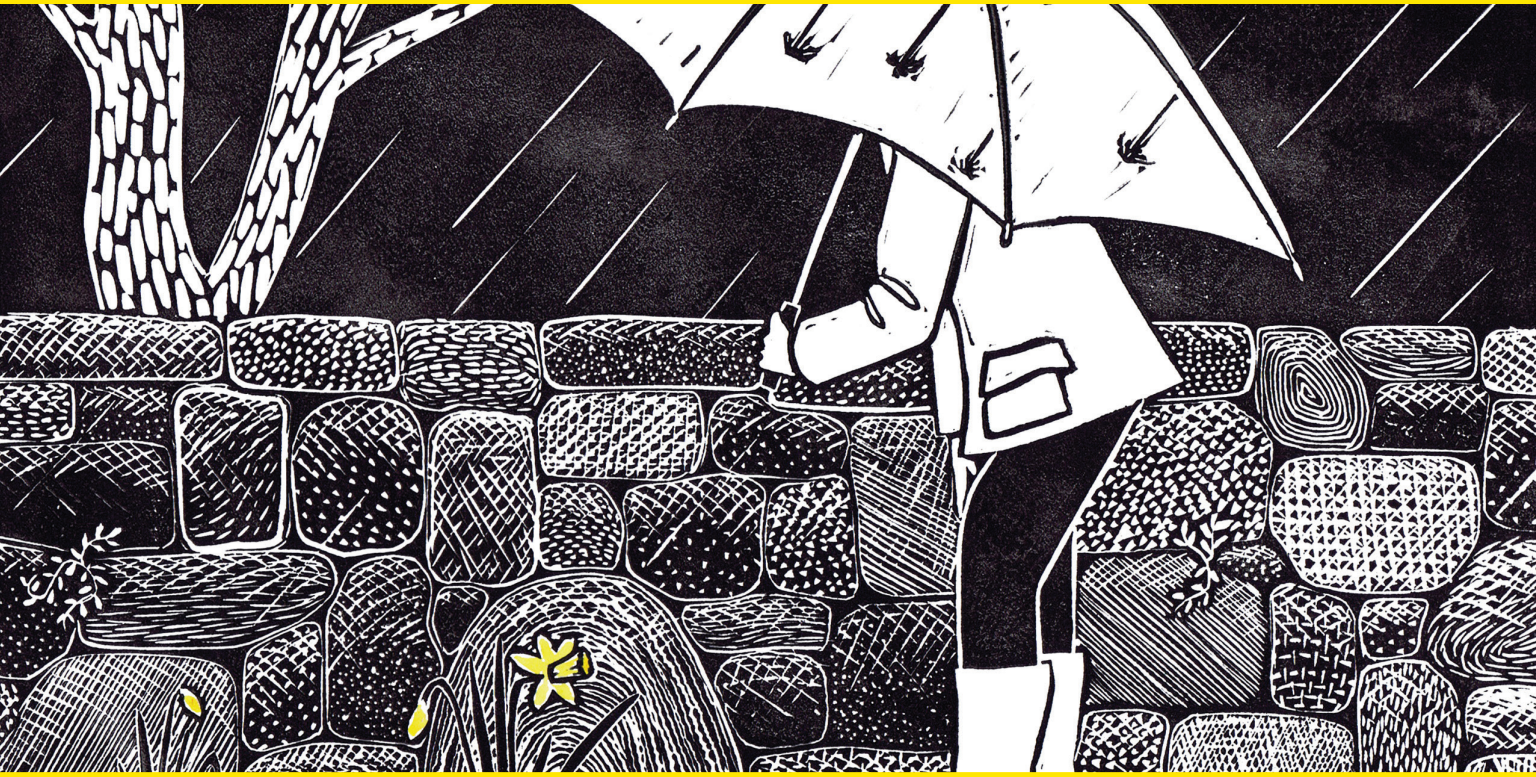
NCE | ADULT PROGRAMS

Needham Community Education



Needham Adult Education Catalog

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

Late Winter/Spring 2019

Needham Public Schools

Information

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Catalog
Cover Art: The piece is: "April Showers," a rubber block print by Anne E.G. Nydam, nydamprints.com. NCE is fortunate to have Anne offering a Relief Block Printmaking class. Details can be found on page 10.

Catalog Design and Layout:
Fabienne Madsen
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, including high school students. There are also a handful of adult & child programs.

View this catalog online on the adult education page of the Needham Public Schools website at http://www.needham.k12.ma.us/community_ed.

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NCE: Adult Programs
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Fax: 781-455-0417

Website: www.needham.k12.ma.us/Community_Ed.

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

Non-Discrimination Policy

The Needham Public Schools ("District") does not discriminate against students, parents, employees or the general public on the basis of race, color, sex, homeless status, gender identity, religion, national origin, sexual orientation, disability, or age.

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

LANGUAGE ASSISTANCE SERVICES

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Contact Student Support Services at 781-455-0400 x213 or penny_belezos@needham.k12.ma.us for assistance.

ATENCION: Si usted habla un idioma que no sea el inglés, hay servicios de asistencia lingüística disponibles gratis. Contacte Servicios de Apoyo para Estudiantes al 781-455-0400 x213 o penny_belezos@needham.k12.ma.us para que le ayudemos.

ATENÇÃO: Se fala um idioma diferente do Inglês, os serviços de assistência linguística estão disponíveis gratuitamente para si. Entre em contato com os Serviços de Apoio ao Aluno através do número 781-455-0400 x213 ou penny_belezos@needham.k12.ma.us para obter assitência.

ВНИМАНИЕ: Если вы не говорите на английском языке, для вас доступны бесплатные сервисы на вашем языке. Обратитесь в службу поддержки студентов по телефону 781-455-0400 x213 или по email penny_belezos@needham.k12.ma.us.

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4 Easy Ways to Register!

Online

Online:
http://www.Schoolpay.com/link/NCEAdultWS19

By Phone:
781-455-0400 X11235 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

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

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What people are saying about NCE programs:

"The lecture was very stimulating and served as a reminder that stepping outside of your box is crucial at any age."

"The program was great! I learned more in this class than I did in private lessons!"

"I got to learn and expand my horizons about art."

"I will definitely sign up again!"

"I created a drawing that I love!"

Director's Letter

NCE Needham Community Education | ADULT PROGRAMS

Dear NCE Community Members,

The aspect of my job that gives me the greatest joy is meeting and speaking to our enthusiastic and delightful NCE students. Your energy, thirst for knowledge, and curiosity inspire me to compile a catalog of offerings that will cater to your vast range of interests.

I especially love when you share ideas for new classes. It is because of your recommendations that you will find the following new offerings in the NCE Late Winter/Spring catalog: *Anatomy Figure Drawing, Beginning Songwriting, Investing for Beginners, Writing for Publication, Zumba* and *Vegetarian Indian Cooking*.

And, it is with all of you in mind that I pursued some additional new programs that I hope you will find enticing: *Style on a Budget, Stage Your Home with Your Own Stuff, Tap Stress Away, Voice-Overs…Now is Your Time, Tiny House Experiences, Adding onto Your House, Learn the Basics of Flight and Aviation @Global Flight Adventures Flight Simulation Center,* and *Understanding Cryptoassets, Block Chain, and "Bitcoin Fever,"* to name just a handful.

Engaged learners like you are just half of the equation in what adds up to a vibrant community education program. The other half of the equation is our dedicated and talented instructors. Please take a few minutes to learn more about them in the *Meet the NCE Instructors* section of this catalog.

In closing, I hope that each of you in receipt of this catalog will find at least one program that interests you and fits your schedule. If you would like to see a particular offering in a future catalog, please call me or email me and I will do my best to make it happen!

See you in class!

Amy Goldman
Amy_Goldman@needham.k12.ma.us
781-455-0400 x11214

What people are saying about NCE instructors:

"The teacher's advice was helpful, informative and relevant."

"The instructor was clear and I left the workshop with a fabulous finished product."

"I had taken this instructor's class before, but you can always learn more and I did!"

"The instructor was excellent and so knowledgeable. I was thrilled to take this course!"

"We were given many opportunities to practice what was being taught."

Classes by Day

Classes in orange are daytime offerings
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Directions

Directions

Needham High School (NHS), 609 Webster Street

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 Way sides of the school. On the first evening of each program, there will either be signs or a staff member to direct you to your class.

For classes in the 600s, 800s or 900s (music, art and fitness wing), it is easier to use the gym entrance off of the parking lot, at the top of Admiral Gracey Way (off of Kingsbury St.). The gym entrance is on the far left of the school.

From Wellesley: Take Great Plain Ave. through Needham center. Take a left at the first traffic light after business district onto Webster St. Go about a 1/2 mile; turn left onto Kingsbury St., then take your first right onto Admiral Gracey Way.
From Dedham: Take Dedham Ave. (Rte. 135) towards Needham Center. About a 1/2 mile past Defazio Field on the right, make a right at the light onto Webster St. Go straight through the light at Great Plain Ave. and the high school will be on your left in about a ¼ mile. **To access the music/art/fitness classes**, after crossing Great Plain Ave, take your 2nd left onto Kingsbury St. Then, take the first right onto Admiral Gracey Way. From the parking lot, enter the building on the far left of the school, using the bank of doors next to the gym.
From Newton: Take Needham St. (becomes Highland Ave. in Needham). Cross over 1-95/128. At the second light, take a left onto Webster St. Proceed a 1/2 mile and the high school will be on your right, with parking and access to the main lobby. **To access the music/art/fitness classes**, pass the high school, then take the next right onto Kingsbury St. Take the first right onto Admiral Gracey Way. From the parking lot, enter the building on the far left of the school, using the bank of doors next to the gym.

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

High Rock School, 77 Ferndale Road: From Needham Center, take Great Plain Ave. west toward Wellesley. Make a left at the post office onto Linden St., go about a 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. toward Dedham. Follow Great Plain Ave. 3/4 miles to Hersey train station on the right. Take the next left onto Broadmeadow Rd. Follow Broadmeadow Rd. a 1/4 mile. The school is on the right.

Eliot Elementary School, 135 Wellesley Avenue: Located off of Central Avenue about 1/2 mile from the Newton line. From Central Ave., turn onto Cedar St., and make the 1st left onto Wellesley Ave. The school driveway is straight ahead at the stop sign.

Center at the Heights (new senior center), 300 Hillside Avenue: Located at the corner of Hillside Ave. and West St., near the Needham Heights stop on the commuter rail.

S Daytime Class Daytime Class Single day/Single evening class

Explore Your Ancestry

Elizabeth Handler, Instructor

Researching one's ancestry has become one of the country's favorite hobbies. This class will help you jump start your genealogy, whether you are brand new to it or have dabbled in it for a couple of years. You will learn what types of records are available, focusing on United States records, what information can be found in them, and where to find these records. We will explore what records can be found on free websites, including vital, census, cemetery, military, and other records. **You will need to have an active email address so they can open an account with Familysearch.org. You may bring your own laptop or use one of the classroom computers.** Limited to 12.

Dates: 4 Tuesdays, February 26-March 19
Time: 7:00-9:00PM
@Needham High School, Room 605 Fee: $129

Commonwealth Avenue: *Boston's Grand Boulevard*

S Daytime Class

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 27
Time: 2:00-3:30PM
Meet the guide at the George Washington statue in the Public Garden, corner of Arlington St. and Commonwealth Ave. Fee: $15

Mission Hill NEW

S Daytime Class

Boston by Foot Guide

Mission Hill is a neighborhood of continuous transition, rebirth, and renewal. Part of the colonial town of Roxbury, originally written as 'Rocksberry,' due to the plentiful outcroppings of Roxbury Puddingstone found throughout the area. We will see remnants of those and of the quarries that took advantage of them. Over time new modes of transportation and new landfill projects brought more residents of diverse backgrounds to the area. By the mid-nineteenth century Mission Hill had taken its name from the "Mission Church" (the Basilica of our Lady of Perpetual Hope). We will explore the many wonderful public buildings of this fascinating enclave of Boston, along with some fragments of an industrial past. Now mainly a residential area, we will discover some interesting housing stock as we climb up to the top of the hill to finish the tour. Children in strollers are welcome at no charge. Limited to 20.

Date: Saturday, June 1
Time: 2:00-3:30PM
Meet outside the Roxbury Crossing MBTA Station: Orange Line, 1400 Tremont Street Fee: $15

Architectural Darwinism: NEW *Which Buildings Stand the Test of Time*

S Daytime Class

Boston by Foot Guide

Take a walk through time on a Roman scale. With a view toward Matt Bronski's "architectural Darwinism," we follow an unusual route through the North End to consider the evolution of common architectural features. While the decorations on a building's facade can define its style, did you know they were originally designed to make it last for centuries? A scalloped bracket, for instance, creates drip lines away from the wall and windows below. How do modern applications and materials hold up to ancient standards of durability, and what buildings will be historic in Boston when it reaches Rome's age? Children in strollers are welcome at no charge. Limited to 20.

Date: Saturday, June 8
Time: 2:00-3:30PM
Meet in in front of the Paul Revere House in North Sq.
Fee: $15

Central Square Cambridge: *Food and Murals Tour* NEW

S Daytime Class

Off the Beaten Path Food Tours Guide

Have fun and unleash your inner art critic while exploring Central Square, Cambridge with a local and knowledgeable guide. Central Square is home to a vibrant public art scene, from Graffiti Alley which changes daily

and is a sanctioned graffiti walkway, to colorful and impressive large scale murals that were commissioned by the city from award winning local talent. Uncover the artists and meaning behind these dynamic murals and enjoy delicious eats from local independent restaurants. This fun and informative walk will change the way you think about Cambridge. Limited to 15.

Date: Saturday, May 4
Time: 12:30-3:30PM
Meet guide inside Whole Heart Provisions, 298 Massachusetts Avenue Fee: $55

"Try It" Watercolor Workshop S

Sally Meding, Instructor

Not sure if watercolor painting is for you? Please join us for a single class, (with all materials supplied) designed for beginners who have very little or no experience and want to explore the beauty of this transparent medium. We will focus on water to pigment ratios, 4 main techniques, basic color mixing, plus texturing techniques to create a small watercolor painting. Each step of the way will be demonstrated with the aid of a camera with projector, color photographs/photocopies and individual attention. Limited to 12.

Daytime Workshop Daytime Class
Date: Monday, February 25
Time: 1:00-3:30PM
@Center at the Heights Fee: $29

Evening Workshop
Date: Monday, March 4
Time: 6:30-9:00PM
@Needham High School, Room 903 Fee: $29

Watercolor Painting I

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, under Community Ed and Adult Education.** Limited to 12.

Daytime Daytime Class
Dates: 8 Mondays, March 4-April 29 (no class 4/15)
Time: 1:00-3:30PM
@The Center at the Heights Fee: $179

Evening
Dates: 8 Mondays, March 11-May 6 (no class 4/15)
Time: 6:30-9:00PM
@Needham High School, Room 903 Fee: $179

Watercolor Painting II

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, under Community Ed and Adult Education.** Limited to 12.

Daytime Daytime Class
Dates: 8 Thursdays, February 28-April 25 (no class 4/18)
Time: 1:00-4:00PM
@The Center at the Heights Fee: $189

Evening
Dates: 8 Thursdays, February 28-April 25 (no class 4/18)
Time: 6:00-9:00PM
@ Needham High School, Room 903 Fee: $189

Chinese Brush Painting

Daytime Class

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 and acrylic artists as it can expand their

Paint

Paint

repertoire of expressive brushstrokes. The subjects for this series will be: Horse, Azaleas, Peony with Thrush, Magnolia (Gong-bi style), Passion Flower on Khaki-toned Shuen paper. **A materials list will be posted to the NCE website: www.needham.k12.ma.us, under Community Ed and Adult Ed**. Limited to 10.

Dates: 5 Saturdays, May 4-June 8 (no class 5/25)
Time: 10:00AM-12:00PM
@ Needham High School, Room 907 Fee: $145

Acrylic Painting I

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, under Community Ed and Adult Education**. Limited to 12.

Dates: 8 Wednesdays, February 27-April 24 (no class 4/17)
Time: 6:30-9:00PM
@Needham High School, Room 903 Fee: $195

Acrylic Painting II NEW

Eddie Bruckner, Instructor

This course, a continuation of Acrylic Painting I, is open to anyone with basic painting skills. The focus will be strengthening and building upon knowledge of the basic elements of painting, techniques and concepts in acrylic painting. Join us for this fun and informative class to learn new skills and techniques. Class work will include a variety of painting projects with guided instruction as well as the opportunity to create your own masterpiece of your choice. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us under Community Ed and Adult Education.** Limited to 12.

Dates: 5 Wednesdays, May 8-June 5
Time: 6:30-9:00PM
@Needham High School, Room 903 Fee: $125

Paint and Sip NEW S

Eddie Bruckner, Instructor

Join us for Paint & Sip--a professionally-led painting class with a fun vibe. Each session is an educational, relaxed, and fun evening creating an acrylic painting from start to finish. With step-by-step instruction, you will create your very own masterpiece! All art supplies, complimentary wine and a variety of light snacks are included. Bring friends, a date, or your adult family for a fun evening. No painting experience necessary! The instructor will talk you through everything you need to know, from how to mix paint colors to what sort of brush strokes to use. Paint. Sip. Have Fun. Limited to 12 adults, age 21+.

Section 1
Date: Thursday, April 11
Time: 5:30-7:30PM
@One Wingate Way, Needham Fee: $39

Section 2
Date: Thursday, May 2
Time: 5:30-7:30PM
@One Wingate Way, Needham Fee: $39

Relief Block Printmaking

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 using different 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 $15 is payable to the instructor in class.** Limited to 12.

Dates: 4 Wednesdays, March 6-March 27
Time: 7:00-9:00PM
@Needham High School, Room 909 Fee: $125

Anatomy Figure Drawing NEW

Daytime Class

Louisa Bloomstein, Instructor

Learn the basics of artistic anatomy: students at all levels are welcome! This course is for those seeking to draw more accurate and life-like human figures. The class will closely observe the ways in which muscles, tendons, and bones all affect the surface of the human form, and students will learn how to identify major anatomical landmarks. We will draw from the live model, and study some Old Masters drawings. **Note: The model fee is payable to the instructor in class, $10-25/person** (depending on the number of registrants). **Please bring your favorite type of sketchpad, and your favorite drawing instrument.** Limited to 15.

Dates: 2 Saturdays, March 30-April 6
Time: 10:00AM-12:00PM
@Needham High School, Room 903 Fee: $65

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 list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Ed.** Limited to 12.

Daytime Class

Daytime

Dates: 7 Tuesdays, February 26-April 9
Time: 1:00-3:00PM
@One Wingate Way, Needham Fee: $169

Evening

Dates: 7 Tuesdays, February 26-April 9
Time: 6:30-9:00PM
@Needham High School, Room 903 Fee: $169

Beginning Drawing II

Eddie Bruckner, Instructor

Beginning Drawing: Level II is appropriate for those who previously took Beginning Drawing 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, under Community Ed and Adult Ed.** Limited to 12.

Daytime Class

Daytime

Dates: 7 Tuesdays, April 30-June 11 (no class 12/25 and 1/1) Time: 1:00-3:00PM
@One Wingate Way, Needham Fee: $169

Evening

Dates: 7 Tuesdays, April 30-June 11
Time: 6:30-9:00PM
@Needham High School, Room 907 Fee: $169

Adult & Child Glass Fusing S

Daytime Class

Michel L'Huillier, Instructor

Bring along your favorite young person and spend an afternoon learning the basics of glass fusing techniques. Together, we will have fun playing with colors and shapes while crafting beautiful pieces. 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 a tack fused tile and then create a small dish or plate, fused pendant or necklace. 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, May 11
Time: 2:00-4:00PM
@Needham High School, Room 807 Fee: $69

Glass Mosaic Mirror or Panel Workshop NEW

Daytime Class

Michel L'Huillier, Instructor

In this 6-hour workshop you'll have fun playing with glass shapes, colors and textures while you learn the basics of glass mosaic techniques and create a decorative panel or a 10" x 10" mirror. Choose from a wide selection of precut glass pieces, jewels, fused pebbles and beads or learn to easily cut pieces with wheeled glass nippers. Create a design, glue your pieces according to your layout. The following week you will grout your project with one of the many-colored grouts offered. The class is open to adults, teenagers and children (10 and up) accompanied by a participating adult. **A $55 materials fee is payable to the instructor in class. Please wear close-toes shoes.** Limited to 15 students.

Date: 2 Saturdays, May 4-May 11
Time:
May 4: 9:30AM-1:30PM
May 11: 10:00AM-12:00PM
@Needham High School, Room 807 Fee: $89

Glass Kiln-Forming with Low Relief and Colors Workshop NEW S

Michel L'Huillier, Instructor

Create a low relief made of ceramic fiber (a soft material easily cut or torn) on top of which 3 layers of glass (8" x 10") will be kiln fired at 1500°. The glass sheets will become one solid piece and take the imprint of the texture of the fiber just like you handcrafted it. You will have the option to bring bright colors to your project by cutting colored pieces of thin fusible glass. Your instructor will fire your creations in his own kiln. They will be available within a week. No previous glass experience is necessary. **Note: an $85.00 materials fee per student is payable to the instructor at the beginning of the class. Students should wear close-toed shoes.** The class is open to adults, and teenagers accompanied by a participating adult. Limited to 12.

Date: Monday, May 6
Time: 6:30-8:30PM
@Needham High School, Room 807 Fee: $42

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. The 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 12.

Late Winter
Dates: 7 Tuesdays, February 26-April 9
Time: 7:00-9:00PM
@Needham High School, Room 902 Fee: $165

Spring
Dates: 7 Tuesdays, April 30-June 11
Time: 7:00-9:00PM
@Needham High School, Room 902 Fee: $165

Make Your Own Cold Press Soaps S

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, lab colors, 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, March 14
Time: 6:30-8:30PM
@Needham High School, Room 807 Fee: $85

Make Your Own Bath Bombs and Bubble Bath S

Jennifer Marie Hofmann, Instructor
Do you enjoy bath time and want to add a little extra pampering to your bath?! Or, would you like to make homemade holiday or birthday gifts for your friends and family? In this class, you will learn the step-by-step process for making bath bombs, bubble bombs, and bubble bath. Detailed handouts with recipes, links for supplies, easy to follow instructions, and troubleshooting tips will be provided. All students will make and go home with multiple bath bombs and bubble bath. Limited to 8.
Date: Tuesday, May 7
Time: 6:30-8:30PM
@Needham High School, Room 807 Fee: $85

Make Your Own Leaf Print Birdbath/Table Top/Garden Decoration NEW

Cathy Byrd and Leah Sauter, Instructors
Travel to a barn in Needham to create a unique and functional work of art! On the first evening, you will choose a large leaf from the Cathy Byrd's vegetable garden (or bring one from your garden). Then, you will use the leaf as in imprint for a cement birdbath, table top or garden decoration. On the second evening, you will add some finishing touches and weather proof the project. **Note: a $15 materials fee is payable to the instructors in class.** Limited to 7.

Section 1
Dates: Tuesday, May 7 and Thursday, May 9
Time: 5:00-6:30PM
@320 Charles River Street, Needham Fee: $55
Section 2
Dates: Tuesday, May 14 and Thursday, May 16
Time: 5:00-6:30PM
@ 320 Charles River Street, Needham Fee: $55

Create an Heirloom Cookbook NEW

Joni Schockett, Instructor
Food is a vehicle by which people pass their culture, ancestry and family values on to their offspring. We all have family recipes that go back in time--even if it is just one generation or even a parallel generation. If we do not pass these recipes to our children, they will be lost forever. Fortunately, it has never been easier to physically hand these recipes and our family history to our descendants.
We will briefly explore the importance of food in our heritages and how these recipes are passed on from generation to generation. We will share favorite food stories and read some. Then, we will write our recipes and format them, including with them handwritten originals, stories, or even art work. The final project will be a lovingly finished project that your family will treasure forever, and hopefully continue to add to. We will end the five-weeks with a recipe swap and maybe some homemade treats! **A laptop computer is recommended, but not necessary. If you do not have a computer, then lined paper will be needed.** Limited to 12.
Dates: 5 Mondays, March 4-April 1
Time: 6:30-8:00PM
@Center at the Heights Fee: $119

Exercise

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. If you are comfortable engaging in moderately vigorous exercises, including aerobic routines, then this class will be the right level of intensity. **Note: Wear comfortable workout clothing, and appropriate footwear for the aerobics portion of class, and bring sets of light and heavy hand weights, a mat or towel, and water to class.** Limited to 15.

Dates: 8 Wednesdays, February 27-April 24
(no class 4/17)
Time: 7:00-8:00PM
@ Needham High School, Room 817 Fee: $125

Zumba® NEW

Angelica Ochoa Orozco, Instructor

Zumba® is a great way to work out and is suitable for all levels of fitness. Dance the calories away and shimmy into shape…it is a lot of fun! Limited to 15.

Winter
Dates: 7 Thursdays, February 28-April 11
Time: 6:00-7:00PM
@ Needham High School, Room 817 Fee: $109

Spring
Dates: 6 Thursdays, May 2-June 6
Time: 6:00-7:00PM
@Needham High School, Room 817 Fee: $95

Early Morning Boot Camp

Daytime Class

Diana Parkhurst, Instructor

Are you serious about becoming more fit? With the right fitness instruction and training, you can become stronger and healthier at any age, and have fun doing it. If you are looking to lose weight, gain muscle, tone up and/or are eager to work on getting back in shape (or staying in shape), this class will help you achieve your goals. Each workout will include a dynamic warm-up followed by high intensity interval training (HIIT) exercises. HIIT is a technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time, resulting in optimal muscle toning and retention, coupled with fat loss and increased calorie burn. **Note:** The exercises can be adapted for varying levels of fitness, but participants should be comfortable running or jogging for short distances. Participants should also feel comfortable (experience is not necessary) using a variety of fitness equipment, including weights, bands, medicine balls and physio-balls. Please wear athletic shoes and clothes comfortable for exercising. Limited to 18.

Dates: 8 Mondays & 8 Wednesdays,
February 25-April 24 (no class 4/15 and 4/17)
Time: 6:15-7:15AM
@Needham Fitness Center Fee: $209

Golf 101 S

Leslie Andrews, Instructor

Are you interested in golf but not sure how to get started? This class will de-bunk the myths, allay your fears and help you take the next step to get started in golf. You will leave with a basic overview of terminology, knowledge on how the game is played, and information on what equipment and clothing is needed. Limited to 20.

Date: Tuesday, May 21
Time: 7:00-8:30PM
@Needham High School, Library Classroom
Fee: $29

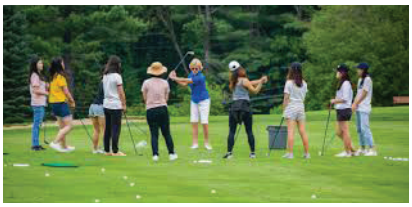
Beginning Golf Clinic for Women

Daytime Class

Instruction under the direction of Leslie Andrews, Director of Golf at Nehoiden Golf Club

Even if you have never swung a club, this clinic will provide you with the skills and confidence to play golf. The program will include instruction in the development of a full swing, plus short game fundamentals: putting, chipping and pitching. On the 3rd day, participants will go out on the course to play some holes. Program is held rain or shine. All equipment is provided. Limited to 12.

Dates: Tuesday, June 4-Thursday June 6
Time: 12:30-2:30PM
@Nehoiden Golf Club, Wellesley Fee: $269



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. 12 spots available to NCE students.

Winter (Tuesdays)
Dates: 7 Tuesdays, February 26-April 9
Time: 7:15-8:15PM
@barre3 Studio, 996 Great Plain Ave. Fee: $125

Winter (Wednesdays)
Dates: 7 Wednesdays, February 27-April 10
Time: 7:00-8:00PM
@barre3 Studio, 996 Great Plain Ave. Fee: $125

Spring (Tuesdays)
Dates: 7 Tuesdays, April 23-June 4
Time: 7:15-8:15PM
@barre3 Studio, 996 Great Plain Ave. Fee: $125

Spring (Wednesdays)
Dates: 7 Wednesdays, April 24-June 5
Time: 7:00-8:00PM
@barre3 Studio, 996 Great Plain Ave. Fee: $125

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: 7 Thursdays, February 28-April 11
Time: 7:30-8:45PM
@Eliot School, Performance Center Fee: $115

Yoga for You NEW

Annie Feldman, Instructor

This class pulls from a medley of yoga lineages and styles: Hatha, Vinyasa, Iyengar, Yin and Taoist. By mixing our influences, we can create a balanced map for physical, emotional and cultural health. The class focus will be gentle flow and restorative sequencing, with the goal of steering and guiding you on a path of strength and comfort in your body. **Bring a yoga mat and yoga blocks.** Limited to 18.

Dates: 6 Thursdays, May 2-June 13 (no class 6/6)
Time: 7:30-8:45PM
@Eliot School, Performance Center Fee: $99

EasYoga™ for Older Adults

Daytime Class

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. More information on EasYoga™ can be found at www.elder-yoga.com. Limited to 40.

COUNCIL ON AGING
Needham

Winter
Dates: 8 Tuesdays, February 26-April 23 (no class 4/9)
Time: 9:00-10:00AM
@Center at the Heights Fee: $65

Spring
Dates: 8 Tuesdays, May 7-June 25
Time: 9:00-10:00AM
@Center at the Heights Fee: $65

Summer
Dates: 8 Tuesdays, July 9-August 27
Time: 9:00-10:00AM
@Center at the Heights Fee: $65

NCE classes are a great way to try something new!

Stretch

Stretch & Meditate

Blue Lotus Healing Arts
Yoga - Acupuncture - Massage

Yogalates

Daytime Class

Kristen Williams, Instructor

This fusion class features a combination of Yoga asanas with Pilates principles. The practice is focused on postures and exercises that strengthen the core of the body to promote stability and proper posture. We encourage participants to bring awareness back to their breath and work with their inner wisdom and body intelligence. Abdominal postures and breathing techniques (pranayama) are incorporated into the class to strengthen the connection between the upper and the lower body. Meditation may be included at the end of the class. All levels are welcome and modifications will be given throughout the class. Limited to 12.

Dates: 7 Thursdays, March 7-April 18
Time: 11:15AM-12:15PM
@Blue Lotus Healing Arts, 945 Great Plain Ave.
Fee: $129

Joy Yoga NEW

Daytime Class

Noel Powers, Instructor

Flow into your Saturdays with joy and develop greater balance, strength and overall flexibility. With a continuous, creative sequence of postures, along with an upbeat music track, this moderately paced class will invigorate your body and open your heart to life's joys! Come join us and spread the positive energy! Limited to 12.

Dates: 7 Saturdays, March 9-April 27 (no class 4/20)
Time: 9:30-10:45AM
@Blue Lotus Healing Arts, 945 Great Plain Ave.
Fee: $129

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, March 6-April 17
Time: 7:15-8:15PM
@Blue Lotus Healing Arts
945 Great Plain Ave. Fee: $129

Meditation for Every Day 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, comfortable clothing; we will meditate sitting in comfortable seats. Limited to 16.

Dates: 6 Tuesdays, April 30-June 4
Time: 6:45-8:00PM
@Pollard Middle School, Media Center Fee: $129

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 Qigong and Tai Chi exercises; no experience is necessary--beginners and intermediates are welcome! **Please wear loose, comfortable clothing.** Limited to 18.

Dates: 7 Thursdays, February 28-April 11
Time: 6:20-7:20PM
@Eliot School, Performance Center Fee: $95

Self-Defense Classes for the Whole Family: 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. Uniforms and equipment are available for purchase in class.

Visit the website for more information: www.combatSAMBO.com. **Note:** Participants may join classes at any time at a pro-rated fee. Pro-rated registrations cannot be taken online. Please call NCE for registration information (781-455-0400 x11235). Limited to 20.

Adult & Family Classes

For adults and teens aged 12 and older, and for children age 6 and older (when accompanied by an adult).

Time: 7:30-9:00PM
@High Rock School, Gym

Tuesdays
Dates: 9 Tuesdays, April 9-June 11 (no class 4/16)
Fee: $144

Thursdays
Dates: 10 Thursdays, April 4-June 13 (no class 4/18)
Fee: $160

Tuesdays & Thursdays
Fee: $247

Children's Classes

For Boys & Girls 4-12 Years of Age

Time: 6:30-7:30PM
@High Rock School, Gym

Tuesdays
Dates: 9 Tuesdays, April 9-June 11 (no class 4/16)
Fee: $144

Thursdays
Dates: 10 Thursdays, April 4-June 13 (no class 4/18)
Fee: $160

Tuesdays & Thursdays
Fee: $247

Dance

Latin Dance: Salsa and 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 27-March 20
Time: 7:15-8:45PM
@High Rock School, Gym Fee: $79

East Coast Swing

Karen Leeds, Instructor

East Coast Swing is danced to big band music and is the easiest partner dance to learn. 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 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, April 3-May 1 (no class 4/17)
Time: 7:15-8:45PM
@High Rock School, Gym Fee: $79

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 15-June 5
Time: 7:15-8:45PM
@High Rock School, Gym Fee: $79

Be A Better You! *(Self-Improvement Programs)*

Emotion in Motion NEW

Zazil Fagone, Instructor

Whether you are sedentary or active, through movement and experiential exercises you will embark on an explorative space where improvisation and play will help you to find your inner and outer rhythm. You may awaken your inner dancer or even your dormant child while we review the teachings of various luminary masters in the areas of art and movement. Your curiosity may be sparked and you may experience a shifting of your old modes of being. Every class will be engaging and interesting, and a lot of fun! **Wear comfortable clothing.** Limited to 15.

Dates: 6 Tuesdays, March 5-April 9
Time: 6:30-7:45PM
@Needham High School, Room 817
Fee: $125

Tap Stress Away NEW S

Holli Bassin, Instructor

Harness the healing power of Emotional Freedom Technique (EFT) to conquer stress, anxiety, and fear. EFT is a drug- and pain-free, non-invasive method that provides emotional renewal quickly and safely, without side effects! It involves tapping your body's pressure points to alleviate stress. A simple technique that has been around for over 5,000 years, and anyone can learn to do it. Learn this technique to apply it to yourself whenever and wherever you want for relief from your stress. EFT gently and easily releases negative emotions causing problems and pain. You will benefit from this new discovery that combines two well-established practices, including mind/body medicine and acupuncture (without needles). Experience emotional freedom using your own fingertips and discover how your life can be changed for the better! Limited to 15.

Date: Monday, March 25
Time: 7:00-8:30PM
@ Needham High School, Room 202 Fee: $25

Connect with Your Intuition NEW

Discover a New Dimension of Reality

Judith Swack, Instructor

Do you sometimes have a feeling, hunch or intuition about a situation that you can't explain? Do you ever suspect you have psychic ability? Well, now is the time to develop those intuitions! Everyone has some degree of psychic ability, but most people ignore the subtle signals. In this intriguing class, you'll learn how to read people's minds, see auras, and feel the energy fields that surround us. You will also discover how to distinguish real intuition from irrational and emotional reactions. Limited to 20.

Dates: 2 Wednesdays, March 13-March 20
Time: 7:00-9:00PM
@Needham High School, Room 201 Fee: $79

Cook ,Taste and Decorate *(Food and Beverage Programs)*

Basic Soups and Stews NEW

Barbara Carroll-Conway, Instructor

In the cold of winter, no meal is more satisfying than a hot bowl of soup or stew. Come learn a few basic recipes and prepare a batch of each in this winter-warming class. On the first evening, you will prepare two soups: chicken noodle and Portuguese bean. On the second evening, you will make traditional beef and chicken stews. **Bring plastic containers so you can take home portions of each. A $20 ingredients fee is payable to the instructor in class.** Limited to 10.

Date: 2 Wednesdays, February 27 and March 6
Time: 6:30-8:30PM
@Needham High School, Kitchen Fee: $75

Cooking Basics S

Jen Tuttelman, Instructor

Learn basic cooking techniques while preparing an impressive dinner. You will leave the class armed with the fundamental skills you need for making from-scratch meals at home. The menu will include: lemon chicken, roasted seasonal vegetables, and salad with homemade dressing. **Bring plastic containers so you can take home ample portions of each item made in class. A $20 ingredients fee is payable to the instructor in class.** Limited to 10.

Date: Wednesday, April 3
Time: 5:00-7:30PM
@High Rock School, Kitchen Fee: $55

Vegetarian Indian Cooking NEW

Shruti Mehta, Instructor

Come join Shruti Mehta for two evenings of cooking and culture as we prepare authentic Indian meals together. We will fry, sauté, roll and stir a variety of ingredients and come up with a scrumptious dinner. Come prepared for hands on participation and get transported to another world. Possible dishes may include zucchini fritters (zucchini slices dipped in a spiced chickpea flour blend and deep-fried), date chutney (sweet and sour

dipping sauce made with dates and tamarind), corn raita (corn seasoned with spices and cool yogurt), red pulao (rice seasoned with vegetables, peanuts, red chilies, and garam masala), subzi ka salan (a mixed vegetable curry cooked with yogurt and coconut milk, a specialty of Hydrabad), a quick garlic naan (popular store bought bread embellished with garlic and butter), and, sweet saffron phirni (a North Indian dessert with cream of wheat, saffron, cardamom and nuts). We will sit down together at the end of class to enjoy our meal. **A $40 ingredients fee is payable to the instructor in class.** Limited to 15.

Dates: 2 Tuesdays, March 12 and March 19
Time: 6:00-9:00PM
@High Rock School, Kitchen Fee: $89

S Daytime Class

Indian Market Tour and Lunch NEW

Shruti Mehta, Instructor

Join Shruti Mehta for an exploration of Indian markets on Moody Street in Waltham. You will learn about the science behind the colorful and flavorful spices, beans, and legumes that are staples of Indian cuisine. In addition, Shruti will share medicinal and health related information about certain ingredients. The class will visit two markets, and then enjoy a buffet lunch at an Indian restaurant. The exploration will continue over lunch as you learn about the dishes you are eating. **Bring money for lunch and market purchases.** Limited to 15.

Date: Saturday, May 4
Time: 10:30AM-1:00PM
Meet at the Waltham India Market, 315 Moody St.
Fee: $35

Bourbon, Rye and American Single Malt Whiskey Tasting S

@ Heritage of Sherborn NEW

Nick Taylor, Instructor

Jim Beam is very much the Henry Ford of whiskey and while most assume that it was the Irish and Scots who brought whiskey to America, Beam is actually the Anglicized version of the name Boehm...that's right, he was of German descent. Americans, true to their nature, pioneered their own style of whiskey that had little to do with Scotch and Irish whiskey. In this interactive tasting and seminar, we will reveal how two unique styles of whiskey--bourbon and rye--became the staples of the American drinking diet, and explore a new and exciting category, American single malt! The tasting will be accompanied by a delectable assortment of tapas. **A $20 whiskey fee is payable to the instructor in class.** Limited to 20.

Date: Thursday, February 28
Time: 6:00-7:30PM
@Heritage of Sherborn, 33 N. Main St. Fee: $69

Evening in Portugal: Wine Tasting S

@Heritage of Sherborn NEW

Jen Ziskin, Instructor

Did you know Travel & Leisure named Portugal the Travel Destination of the Year in 2016?! Join Jen Ziskin, Co-Owner of Heritage of Sherborn & La Morra, as she takes you on a guided tour of the secret gems of Portuguese wines. You will taste wines from several regions, including: Douro, made famous by Port, but now exploding with vivacious and elegant red wines, the Alentejo, and Lisboa. Chef Josh will complement the tasting with small bites of authentic Portuguese cuisine. **A $25 wine fee is payable to the instructor in class.** Limited to 20.

Date: Thursday, May 16
Time: 6:30-8:30PM
@Heritage of Sherborn, 33 N. Main St. Fee: $59

Analyze and Blind Taste Wines Like a Pro S

Kim Wallace, Instructor

Mastery of the blind tasting examination is a key component of the journey to becoming a Master Sommelier. If you are interested in developing your wine tasting skills, this class will provide you with important tools. You will taste 6 different wines that might be found in a blind test, analyzing them for sight, nose, palate, initial and final conclusions. You will leave with a better understanding of why a wine tastes like it does and how sommeliers use the "tasting grid" to analyze a wine without prior

Taste & Decorate

knowledge of the grape, varietal, vintage and origin. Limited to 20.

Date: Wednesday, February 27
Time: 7:00-8:30PM
@Reveler Beverage Co., 250 Chestnut St. *Fee: $35*

Wine Tasting at Sweet Basil: *The Essential Wine Cellar* NEW

S Daytime Class

Paul Malagrifa, Instructor

Which wines should be part of any person's "essential wine cellar?" It seems easy, but when you try to keep budget and space in mind, the exercise gets far more difficult. At this event, you will examine several wines from around the world in the hopes of pulling together the Essential Wine Cellar. **Note: A wine fee of $15 per person is payable in class.** Limited to 18.

Date: Sunday, March 3
Time: 2:00-4:00PM
@Sweet Basil, 943 Great Plain Ave. *Fee: $69*

Wine Tasting at Sweet Basil: *Wines of Piedmont* NEW

S Daytime Class

Paul Malagrifa, Instructor

Piedmont is a region located in the northwest corner of Italy. Literally, "at the foot of the mountains," Piedmont has the highest number of Italy's finest wines (DOCG), with such treasures as Moscato d'Asti, Gavi, Barbera d'Asti (and d'Alba), Barbaresco and the undisputed "king of Italian wine," Barolo. At this event, you will taste a representative sample of Piedmont's wines in order to see what the fuss is all about. **Note: A wine fee of $30 per person is payable in class.** Limited to 18.

Date: Sunday, April 7
Time: 2:00-4:00PM
@ Sweet Basil 943 Great Plain Ave. *Fee: $69*

Wine Tasting at Sweet Basil: *Zinfandel* NEW

S Daytime Class

Paul Malagrifa, Instructor

Zinfandel-- the All-American variety that is actually Italian (can you say Primitivo?) has a "split personality." On one side, the grape was the basis for the wildly popular "White Zinfandel" craze of the 1980's, and on the other side, Zinfandel produces full-throttle, spicy reds that are perfect beside the Summer BBQ. Seeing that Summer is approaching, we will be focusing only on the full-throttle, spicy reds, so get ready for a gutsy ride! **Note: A wine fee of $15 per person is payable in class.** Limited to 18.

Date: Sunday, May 19
Time: 2:00-4:00PM
@ Sweet Basil 943 Great Plain Ave. *Fee: $69*

Cake Decorating Basics

Cindy Carson, Instructor

Beautifully decorated and delicious cakes or cupcakes can be the centerpiece of any celebration. Just think of the pride and satisfaction you will have if you create your own stunning cakes for holidays and gatherings! Come learn the basics of simple cake decorating, including: making the best tasting vanilla and chocolate buttercream frosting, how to use pastry tips to create ornate decorations such as the basket weave or flowers and leaves, or even writing "Happy Birthday" with flair. You will learn a new skill in each class for you to take home and practice. Each evening, we will also build upon the lessons from the prior week(s), so it's best if you can attend all four weeks. Please bring a baked layer cake to the first class. After that we can decide if you want to work on cupcakes or continue with cakes. **A $40 materials fee is payable to the instructor in class and a supply list will be posted to the NCE website, www.needham.k12.ma.us, click on "Community Ed" and "Adult."** Limited to 10.

Dates: 4 Mondays, April 1-April 29 (no class 4/15)
Time: 6:30-8:30PM
@Needham High School, Room 102 *Fee: $125*

Develop Technology Skills

Transferring Content and Syncing between Your Apple Devices NEW

S

Howard Loewinger, Instructor

In this class we will take a look at how to transfer and sync content between your computer and your iPhone and iPad. Learn how to have the same email, photos, Safari bookmarks, contacts, Calendar, Notes and Reminders on all your Apple devices*. Make a change or addition in one and see it on all! We will also look at synching your photos and music using iPhoto and iTunes using USB (connecting devices directly) and iCloud. Bring your Apple devices to class! (*Synching also works with the iPod touch and PCs running Windows, but for demonstration purposes we will stick to the Macintosh, iPad and iPhone.) Limited to 14.

Date: Thursday, April 11
Time: 7:00-9:00PM
@ Needham High School, Room 409 Fee: $35

Advanced Photo Management on Your Apple Device

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 25-May 2
Time: 7:00-9:00PM
@Needham High School, Room 409 Fee: $65

Storytelling through Video @ The Needham Channel NEW

Daytime Class

Marc Mandel, Instructor

Every time you turn on the TV, go to the internet or even look at your phone, people are communicating through video. The medium has exploded over the past decade, with tools for effective storytelling in almost everyone's hands. This course will explore different ways to get your message across, utilizing resources and techniques that are at hand, and serve as a primer to video production. Limited to 10.

Dates: 8 Saturdays, March 2-May 4
(no class 4/13 and 4/20)
Time: 10:00-11:30AM
@The Needham Channel, 257 Chestnut St. Fee: $85

Tech Skills

If you like technology, be sure to read about NCE's exciting new flight simulation program on page 28:

Learn the Basics of Flight and Aviation.

Home

Downsizing:
A Fresh Look at Living with Less S

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? Allow the instructor, a professional organizer with personal and professional downsizing experience, to guide you through the process. Limited to 15.

Date: Tuesday, April 23
Time: 6:30-8:30PM
@Needham High School, Room 406 Fee: $35

Organizing for Young Families S

Marilyn Cruickshank, Instructor

As parents of young children, you are moving from the second your feet hit the floor in the morning until you collapse into bed at night. Learning how to be an organized parent helps reduce stress for the entire family and allows you to enjoy your family, instead of simply managing them. Join professional organizer, Marilyn Cruickshank of Creative Simplicity Organizing & Productivity, to learn systems and solutions for staying organized with young families. Marilyn will provide tips and techniques for the ongoing challenges you face, including managing all of your children's stuff! Limited to 15.

Date: Thursday, April 11
Time: 7:00-8:30PM
@Needham High School, Room 406 Fee: $25

Adding onto Your Home NEW S

Nancy Dickinson, Instructor

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord, will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project. Nancy is a registered architect with over 25 years of experience; for 20 years, she has specialized in Residential Design. See her website at DickinsonArc.com. Limited to 20.

Date: Tuesday, February 26
Time: 7:00-9:00PM
@Needham High School, Room 206 Fee: $29

Stage Your House with Your Own Stuff NEW

Betsy Millane, Instructor

Any realtor will tell you that a staged home will generate greater interest from buyers. That doesn't mean that you have to spend a lot of money on new décor! Rather, you can stage your home beautifully using furniture and accessories you already own. In this program, you will learn the principals of staging. You will also be encouraged to share your specific home interior challenges and brainstorm creative solutions with the instructor and fellow classmates. Limited to 15.

Dates: 2 Wednesdays, March 6 and March 13
Time: 7:00-9:00PM
@Needham High School, Room 206 Fee: $55

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. **A $3 materials fee is payable to the instructor in class.** Limited to 20.

Dates: 2 Wednesdays, February 20 and February 27
Time: 7:00-9:30PM
@Needham High School, Room 201 Fee: $69

Tiny House Experiences NEW S

Rachel Eeva Wood, Instructor

Tiny houses have become a popular alternative housing option for those looking to downsize, live sustainably, or simply take on a challenge. Rachel and Julian

Wood, a graphic designer and engineer respectively, have accepted this challenge and designed and built a tiny home for themselves in Maine. It has been a long journey, but they have made it through and are excited to share their inspirations, challenges and overall experience from the past two years. Limited to 20.

Date: Tuesday, March 5
Time: 7:00-9:00PM
@Needham High School, Room 206 Fee: $29

Zero Energy Home

Peter Kane, Instructor

Join us to learn about the design and construction of a zero net energy home built in Westwood seven 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 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 and Times: Thursday, April 25, 7:00-8:30PM and Saturday, April 27, 10:00-11:00AM
Thursday @Needham High School, Room 206
Saturday @149 Ellis St., Westwood
Fee: $25

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 Thursdays, March 28 and April 4
Time: 7:00-9:00PM
@Needham High School, Room 409 Fee: $75

Stop Mulch-Scaping and Start Landscaping! S

Joanne Neale, Instructor

At some unknown point in time, mulch--black, orange, brown, etc.--became a part of the landscape, but wouldn't you rather have plants? Anywhere you can put mulch, you can dig a hole and put in a groundcover plant. Groundcover plants = living mulches. Think of the money, time and work you'll save on mulching every spring. And groundcovers are the go-to plant for low-maintenance gardens. Besides eliminating the need for mulch, they keep weeds from crowding in; they provide an extra layer of color and flowers; and they help maintain soil moisture, which means less watering. What's not to like about that? Come learn what to do before you start replacing your boring old mulch with fabulous new groundcovers and find out which groundcovers are right for your garden. Limited to 20.

Date: Thursday, March 14
Time: 7:00-8:00PM
@Needham High School, Room 409 Fee: $19

Intro to Sustainable Vegetable Gardening: *Planning, Planting and Maintaining*

(In collaboration with the Needham Community Farm)
Theresa Strachila, Instructor

As we all know, home-grown produce is far superior to what you can buy at the market. However, the thought of starting your own vegetable garden can be daunting. This class will provide you with an overview of everything you need to know--from figuring out where to put your garden to care and maintenance of common vegetables. After the sessions, you will be ready to grow your own garden vegetables this year! Limited to 20.

Dates: 4 Mondays, February 25-March 18
Time: 6:30-8:00PM
@Needham High School, Room 203 Fee: $129

Advanced Sustainable Vegetable Gardening NEW

(In collaboration with the Needham Community Farm)
Theresa Strachila, Instructor

Take your vegetable gardening skills to the next level. Join Needham Community Farm Manager Theresa Strachila for a deep dive into vegetable gardening. This discussion-based class will deal with the topics you want to cover, such as: fertility management, increasing yield with succession growing, pest and disease management and more. Limited to 20.

Dates: 4 Thursdays, February 28-March 21
Time: 6:30-8:00PM
@Needham High School, Room 203 Fee: $129

Garden

Skills

Seed Starting:
Vegetables and Flowers NEW

(In collaboration with the Needham Community Farm)

Joe Leghorn, Instructor

Do you like exotic heirloom tomatoes and other vegetables, hard to find annual and perennial flowers, or fresh herbs year-round? Then learn how to start your own seedlings in your home. It's fun, easy and educational. Learn where you can purchase hard to find seeds, assemble a seed starting station, nurture your seedlings and get them ready for the outdoors. Among other things, starting your own seedlings lets you explore tomato and flower varieties you don't see in the garden center and fights those long winter blues. Limited to 20.

Dates: 2 Mondays, April 1 and April 8
Time: 6:30-8:00PM
@Needham High School, Room 203 Fee: $75

Upholstery

Michael 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.** 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 25-April 22 (no class 4/15)
Time: 6:30-9:30PM
@Pollard Middle School, Room 104 Fee: $169

Upholstery:
Advanced Beginning Workshop

Michael 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. Enter Pollard using the back doors off of Bradford St. and near the gyms.** Limited to 12.

Dates: 4 Mondays, May 6-June 3 (no class 5/27)
Time: 6:30-9:30PM
@Pollard Middle School, Room 104 Fee: $85

Basic Sewing Machine Service NEW S

Anthony Ferranti, Instructor

Keep your sewing machine running smoothly by learning how to lightly service and maintain it. This class is for all types of machines: old or new, computerized or mechanical. You will learn to troubleshoot issues that come up over time. During the class, you will be guided on how to disassemble certain parts of the machine and how to clean and oil it. Next, you will learn how to check and adjust tension, and how to check belts, bobbin cases etc. Finally, you will then sew to ensure proper functionality. **Please bring the following: your machine (only 1, please), regular and Phillips head screwdrivers, brush, and tweezers.** The instructor will also have plenty of tools on hand for students to borrow. Limited to 18.

Date: Tuesday, March 19
Time: 7:00-9:00PM
@Needham High School, Cafeteria Classroom Fee: $55

Style on a Budget NEW

Yelena Perchenok, Instructor

Being stylish is not a function of how much money you spend. Rather, it is a matter of selecting the clothing that fits you best, works well with your skin tone and enhances your assets. In addition, smart shopping decisions and making good use of what you already own will have you looking great, even if you are on a tight budget. Spend a few evenings learning from stylist, Yelena Perchenok, of Glamour on a Budget. She will cover color, basic wardrobe must-haves, impressions that are age appropriate and slimming, work attire, new looks using items already in your wardrobe, and more. Limited to 10.

Dates: 3 Tuesdays, April 2-April 23 (no class 4/16)
Time: 7:00-9:00PM
@Needham High School, Library Classroom Fee: $95

Uncover the Secrets to Finding Your Best-Fit Volunteer Role NEW

Daytime Class

Kris DeGraw Danna, Instructor

Do you want to "give back" to your community but don't know where to start? There are many GOOD reasons for doing GOOD…but to do GOOD in the RIGHT role takes some exploration into your own life. In this program, you will discover how to turn your hidden motivations and current circumstances into a fulfilling service opportunity that provides valued support to the non-

profit. Limited to 12.
Dates: 2 Tuesdays, March 12 and March 19
Time: 11:00AM-1:00PM
@ Needham Community Council, 570 Hillside Ave.
Fee: $59

Art History:
From Da Vinci to Chuck Close NEW

Daytime Class

Henry Altmann, Instructor

In this survey class, we will focus on the works of certain artists from different periods. We will analyze the Mona Lisa's mysterious smile and see the intense light and dark in Rembrandt's many individual and group portraits. Then, we will learn what makes Rembrandt's *The Night Watch* so special and discover the shocking warm and cool colors in Vincent van Gogh's paintings. Finally, we will study how Chuck Close creates his super large 7-foot high portraits.
Dates: 6 Tuesdays, April 23-May 28
Time: 3:00-4:00PM
@Center at the Heights Fee: $85

Movie Appreciation: Film Noir NEW

Daytime Class

Max Hekler, Instructor

What makes a film a work of "Film Noir" and why is knowing that important to appreciating great films? This genre of film was so influential that it changed the studio system after World War II. Learn about the specific plot structure, characters, and cinematography emblematic of this genre. The launching point for the discussions will be three film noir classics: #1: *Double Indemnity* (Billy Wilder, 1944); #2: *The French Connection* (William Friedkin, 1971); #3: *Raging Bull* (Martin Scorsese, 1980). Movie viewing and the discussions will be held in the comfort of the One Wingate Way movie theater. You will have the option to view each film either immediately before the discussion each Saturday or on the Friday evening prior at 7:00PM. Limited to 15.
Dates: 3 Saturdays, March 9-March 23
Time: 3:30-5:00PM
@One Wingate Way, Needham Fee: $60

Cosmopolitan Short Stories NEW

Daytime Class

Brooks Goddard, Instructor

Short stories tend to have a single focus: a circumstance, a character, a predicament. Join us for selections from some of the best from cosmopolitan authors: Chimamanda Adichie's collection, *The Thing Around Your Neck*; Jhumpa Lahiri's Pulitzer Prize winning *Interpreter of Maladies*; Nobel laureate Alice Munro's *Runaway*; and Lorrie Moore's *Birds of America*. The class will be participant-discussion, seminar format. Limited to 18.
Dates: 4 Mondays, February 25-March 18
Time: 11:00AM-12:30PM
@Center at the Heights Fee: $89

Writing for Publication NEW

Charlene Smith, Instructor

Seeing your name in print has never been easier: you can write a blog, self-publish a book, or develop a podcast. Commercial publication, however, has never been harder. This dynamic, collaborative and supportive course, will help you develop some of the skills to identify the right markets for your writing, and the techniques commercial publishers demand, whether newspapers, magazines, or books. If you self-publish, it will also ensure you don't go to print after months or years of hard work with a book that never gets sold. You will learn tips about writing, self-editing, and layout that will ensure a professional book that is ready for sale. **When registering, please select the type of writing project you would like to develop in this class. A recommended reading list will be posted to the NCE website:** www.needham.k12.ma.us click on Community Ed, then, Adult, then Materials List. Limited to 18.
Dates: 6 Thursdays, March 7-April 11
Time: 6:00-8:00PM
@Needham High School, Room 202 Fee: $159

Long-Term Care: S

Preparing 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 out 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, March 19
Time: 7:00-8:30PM
@Needham High School, Room 206 Fee: $29

Understanding Medicare S

Daniel Williams, Instructor

If you are close to age 65 or already on Medicare, this class is for you! By the end of the evening, you will feel fully enlightened on how Medicare works and the different health care choices available to those age 65+. The program will cover the following: How parts A, B, C and D are integrated; Medicare Advantage; and the pros and cons of HMO's, PPO's, and Medigap plans. You will also receive answers to the following questions: Should I take Medicare if I am still employed? How do I avoid late sign up penalties? Does any part of Medicare cover long-term care expenses? Limited to 30.

Date: Monday, May 6
Time: 7:00-9:00PM
@ Needham High School, Room 728 Fee: $25

Social Security: S Daytime Class

What Municipal Employees Need to Know

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, March 27
Time: 3:15-5:00PM
@ Needham High School, Room 728 Fee: Free

Investing for Beginners NEW

Karen Shapiro, Instructor

Have you wanted to start saving and begin investing for the future, but don't know how to begin? Are you concerned that you are too late getting started and won't be able to make up for lost time? If this sounds like you, this program will provide you with the practical and simple investment advice you need. The instructor will serve as your guide, and gladly answer your questions. Topics we will cover include:

- Overview of investment options--what's the difference between stocks, bonds, mutual funds, ETFs?
- Developing a financial plan--what should I invest in and how much risk do I feel comfortable taking with my money?
- Should I use a financial advisor, and if so, how do I find the right one for me?
- Aligning my investments with my values

Dates: 2 Thursdays, March 21 and March 28
Time: 6:30-8:30PM
@Needham High School, Room 206 Fee: $55

Understanding Cryptoassets, Blockchain, and "Bitcoin Fever" NEW

Andrew Rodwin, Instructor

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don't understand the basic principles of how cryptoassets like bitcoin work. This class explains the technologies "under the hood," as well as relevant tools and the crypto ecosystem. On the first night, you will learn about coin types, mining forking, wallets, cryptography, blockchain basics and forensics, transactions, exchanges, airdrops, faucets, and security. The second night will cover distinc-

tions between public and private blockchains, enterprise block chain platforms, macro data and blockchains, why banks have been forced into piloting blockchain en masse, why blockchain is such a powerful tool to solve economic challenges, and a sector-by-sector view of disruptive blockchain innovation. While the course avoids investment recommendations, it provides people with the conceptual and detailed knowledge required to understand how cryptoassets might affect them personally as well as influence society at large. Limited to 20.
Dates: 2 Mondays, April 29 and May 6
Time: 7:00-9:00PM
@Needham High School, Room 206 Fee: $55

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. You will have fun while exercising your brain! 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.
Dates: 8 Tuesdays, February 26-April 23 (no class 4/16)
Time: 6:00-8:00PM
@ Broadmeadow School, Media Center Fee: $179

Advanced Beginning Bridge I
Jori Grossack, Instructor
This class is the continuation from Beginning Bridge. Some topics that we will discuss and learn include play of the hand, Jacoby Transfers, Stayman, Lead conventions, overcalls and takeout doubles. This class may also be thought of as a "refresher" beginner class...only more entertaining. Limited to 14.
Dates: 8 Mondays, February 25-April 22 (no class 4/15)
Time: 7:00-9:00PM
@ Broadmeadow School, Media Center Fee: $179

Advanced Beginning Bridge II
Jori Grossack, Instructor
This class is designed for those players whose bridge knowledge and experience walk that fine line between advanced beginner and intermediate. We typically start with a lecture or two on opener's rebids. We progress to various play problems and encourage thinking about partnership defense and signals. We will also learn and discuss modern preemptive and competitive bidding. If there's a topic that you would like covered, we will put it to a vote. As always...we adhere to a "judgment free bridge zone." Limited to 14.
Dates: 8 Mondays, February 25-April 22 (no class 4/15)
Time: 5:00-7:00PM
@ Broadmeadow School, Media Center Fee: $179

Intermediate Bridge
Daytime Class

Please note that this class will now be a SUPERVISED PLAY class.

Jori Grossack, Instructor
This class is for the already skilled bridge player actively seeking to take his or her bridge game to the next level. We will introduce more bidding conventions and prac-tice partnership defense. We will also cover some more advanced play of the hand techniques including how to count out a hand. This will prove invaluable as you continue on the path to bridge expertise. This class is designed to take the casual player out of his or her com-fort zone and really work those brain cells! Limited to 14. *Dates: 8 Fridays, March 1-April 26 (no class 4/19) Time: 3:30-5:30PM @ Broadmeadow School, Media Center Fee: $179*

Mah Jongg for Beginners
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: A $9 fee for the 2019 mah jongg card is payable to the instructor in class.** Limited to 8.

Winter
Dates: 6 Wednesdays, February 27-April 3
Time: 7:00-9:00PM
@ High Rock School, Room 248A
Fee: $169

Spring
Daytime Class
Dates: 6 Thursdays, April 25-May 30
Time: 3:00-5:00PM
@ High Rock School, Room 248A Fee: $169

Mah Jongg for Advanced Beginners
Sharon Katz, Instructor
Now that you've mastered the tile names and can identify the difference between a One Bam and a Flower, come perfect your strategy and increase your playing speed. Students will consider methods for determining possible hands based on the tiles they were dealt. Tile passing and defensive playing techniques will be presented. Most importantly, there will be supervised play with a teacher for consultation. Let the fun continue! **Note: A $9 fee for the 2019 mah jongg card is payable to the instructor in class.** Limited to 8.

Play and Recreate

Winter
Dates: 6 Thursdays, February 28-April 4
Time: 3:00-5:00PM
@ High Rock School, Room 248A Fee: $169
Daytime Class
Spring
Dates: 6 Wednesdays, April 24-May 29
Time: 7:00-9:00PM
@ High Rock School, Room 248A Fee: $169

Learn the Basics of Flight and Aviation
@Global Flight Adventures Flight Simulation Center NEW
Global Flight Adventures staff

In this engaging, entertaining and educational program you will learn major topics of flight and aviation, including: the history of flight, physics of flight, aircraft systems, weather and navigation. Along with classroom time, you will get hands-on experience flying in a state-of-the-art Boeing 737NG simulator. The simulator models one of the most popular aircrafts ever made, in painstaking detail. You will also use a Cessna 172 sim, which is an exact replica of one of the most popular general aviation and training aircrafts. The culmination of the program will be performing a complete solo flight in one of the simulators. Limited to 10.

Dates: 4 Sundays, February 24-March 17
Time: 4:00-7:00PM
@ Global Flight Adventures,
609 Neponset St., Canton Fee: $434

Speak a Foreign Language

Languages

Beginning Italian
Elisa Tragni-Maloney, Instructor

Italian is the language of art, classical architecture, Renaissance beauty, opera, and of course, 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: 7 Mondays, February 25-April 8
Time: 5:45-7:30PM
@ Needham High School, Room 418 Fee: $160

Advanced Beginning Italian
Elisa Tragni-Maloney, Instructor

Join us for this advanced beginning Italian class to further develop your language skills for travel, dining out, and for a window into another rich language and culture. This class will be geared for students who took the Beginning Italian class in the spring, as well as for others who have some introductory knowledge of the Italian language. We will continue to work on 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 lively, fun, and supportive environment. Limited to 16.

Dates: 7 Mondays, February 25-April 8
Time: 7:30-9:15PM
@ Needham High School, Room 418 Fee: $160

La Vie est Belle:
Conversational French NEW
Mary Bashir, Maurice Louis and Eric Frère, Instructors (alternating)

Come share your *joie de vivre* and practice your speaking skills on subjects such as art, culture, film, and travel. This dynamic and welcoming atmosphere for lovers of French language and culture will help us remember that there are so many reasons why *la vie est belle*! Limited to 15.

Dates: 7 Wednesdays, March 27-May 15(no class 4/17)
Time: 6:00-8:00PM
@ Needham High School, Room 416 Fee: $159

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. **Note:** Students will need to purchase a text book (approximately $35) for this course. Details will posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab. Limited to 15.

Dates: 8 Mondays, February 11-April 22
(no class 2/18, 4/8 and 4/15)
Time: 6:30-8:30PM
@ Needham High School, Room 713 Fee: $179

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 beginning Spanish class or 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. **Note:** Students will need to purchase a text book (approximately $35) for this course. Details will posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab. Limited to 15.

Dates: 8 Thursdays, February 14-April 25
(no class 2/21, 4/11 and 4/18)
Time: 6:30-8:30PM
@ Needham High School, Room 713 Fee: $179

Intermediate Spanish

Diana Garcia-Martinez, Instructor

This course is appropriate for students who have taken Diana's Advanced Beginning Spanish 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 tenses, 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. Our 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 to expand your Spanish language skills in a relaxed and supportive atmosphere! **Note:** Students will need to purchase a text book (approximately $35) for this course. Details will posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab. Limited to 15.

Dates: 8 Tuesdays, February 12-April 23
(no class 2/19, 4/9 and 4/16)
Time: 7:00-9:00PM
@ Needham High School, Room 713 Fee: $179

Advanced Spanish

Diana Garcia-Martinez, Instructor

This course is designed for students who have taken Diana's Intermediate class or equivalent. 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 indicative. 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. **Note:** Students will need to purchase a text book (approximately $35) for this course. Details will posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab. Limited to 15.

Dates: 8 Wednesdays, February 13-April 24
(no class 2/20, 4/10 and 4/17)
Time: 6:30-8:30PM
@ Needham High School, Room 713 Fee: $179

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 15.

Dates: 8 Tuesdays, February 12-April 23
(no class 2/19, 4/9 and 4/16)
Time: 5:00-7:00PM
@ Needham High School, Room 713 Fee: $179

Beginning Songwriting NEW

Terry Kitchen, Instructor

If you have a poem that needs music, a melody that needs words, a notebook full of ideas, or just the desire to write your own songs, this program is for you! Even if you don't play an instrument or read music (many fine songwriters don't), you can still learn how to be a songwriter. Through an examination of classic songs, from pop, rock, country and Broadway, you will learn the elements of song (melody, lyric, harmony, rhythm) and song structure (verse, chorus, lift). Then, you will use this knowledge to develop ideas for your own songs. You will learn exercises and habits to free your imagination, and develop a toolbox to fix songs that aren't working. The instructor will also teach you about the technology now available to songwriters, and the role of songwriters in the music business. Limited to 15.

Dates: 6 Tuesdays, March 5-April 9
Time: 7:00-8:30PM
@ Broadmeadow School, Room 152 Fee: $119

Ukulele for Everyone

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 Tuesdays, April 23-May 28
Time: 6:30-7:30PM
@ High Rock School, Room 316 Fee: $129

Guitar I

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, February 28-May 2
(no class 4/11 and 4/18)
Time: 6:30-7:30PM
@ Needham High School, Room 608 Fee: $115

Guitar II

Jon Zucchi, Instructor

Take your guitar skills to the next level. This class is designed for students who have taken Guitar I For Beginners 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, February 28-May 2
(no class 4/11 and 4/18)
Time: 7:30-8:30PM
@ Needham High School, Room 608 Fee: $115

Voice-Overs…Now is Your Time! NEW

S

Richard Henkels, Instructor

Spend two-hours learning how you to begin using your speaking voice for commercials, films, videos and more. In this class, you the instructor will teach you a unique, outside-of-the-box way to pursue a full or part-time career in the lucrative voice-over field. Voice-over artists are in high demand, with companies looking for new voices like never before. Put your voice to work for you! Limited to 40.

Date: Monday, April 8
Time: 7:00-9:00PM
@ Needham High School, Media Center Classroom
Fee: $35

Classes for Teens and Their Parents

(Test Prep and College Application Planning)

College Prep

SAT test prep classes at NHS!

- Learn new skills to improve your test performance
- Small classes (average 8:1 student/teacher ratio)
- Expert instructors (current or recent NHS staff members)
- Multiple practice exams
- Great value…at least 30% less expensive than comparable commercial offerings!
- Scholarship pricing is available for students who receive free/reduced lunch. Please call NCE for details, 781-455-0400 x11235.

The following sections are in preparation for the May 4, 2019 SAT: Fee: $665
9 Saturdays (and 2 Thursdays) @ NHS Rooms 701/702
10:00AM-12:30PM (*until 2:00PM on test days)
February 2*,9,14 (Thursday, 6-8:30PM), March 2, 9, 16*, 23, 30, April 6, 11* (Thursday, 6-10PM), 27

-OR-

11 Mondays @ NHS Rooms 701/702
6:00-8:30PM (*until 10:00PM on test nights)
February 4*, 11, 25, March 4, 11, 18*, 25, April 1, 8, 22*, 29

The following sections are in preparation for the June 1, 2019 SAT: Fee: $665
11 Tuesdays @ NHS Rooms 701/702
6:00-8:30PM (*until 10:00PM on test nights)
March 12*, 19, 26, April 2, 9, 23*, 30, May 7, 14, 21*, 28

-OR-

11 Wednesdays @ NHS Rooms 701/702
6:00-8:30PM (*until 10:00PM on test nights)
March 13*, 20, 27, April 3, 10, 24*, May 1, 8, 15, 22*, 29

Biology SAT II Test Prep NEW

In preparation for the June 1, 2019 SAT II

The College Board SAT Subject Tests are designed to help you demonstrate your interest and competence in a particular subject for prospective colleges. This course will bridge the gap between an introductory biology course and the SAT Subject Test content. Three learning modules will guide students through the content, with an emphasis on topics not covered extensively in a typical first year course, as well as familiarizing students with the format of the exam and test-taking strategies. This course also includes two full proctored practice exams and time for review.

Note: Students taking the biology exam will select an Ecology or Mircobiology emphasis on the day of the exam This course is designed to prepare students for the Microbiology emphasis, although students interested in either exam will benefit from this course.

Dates: 6 Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, and 5/30
Time: 6:30-7:30PM
@ Needham High School, Room 211 Fee: $139

Best-Fit College Lists and Effective College Visits NEW

S

Eric Stutman, Instructor

It can be daunting process for your child to develop their list of colleges they are interested in applying to. A best-fit list includes schools with the best academic, social, geographical and financial fit for your child. In this program, you will learn practical tips that will enlighten the process. Once your child has created their college list, college visits, when effectively utilized, are an extremely useful tool for evaluating colleges and enabling your child to determine which schools they are most excited about. Learn how to gain the most insight from your college visits. Limited to 15.

Date: Thursday, March 28
Time: 7:00-8:30PM
@ Needham High School, Room 201 Fee: $29

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

S

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: Thursday, May 23
Time: 7-8:30PM
@ Needham High School, Room 201 Fee: $29

Meet the NCE Instructors

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.

Leslie Andrews is the Director of Golf at the Nehoiden Golf Club and the former Executive Director of the LPGA Teaching Professionals.

Mary Bashir, **Maurice Louis and Eric Frère** are currently or have been teachers of French in Needham Public Schools. Our mission is to spread joie de vivre and bring the Francophile community of Needham together!

Holli Bassin is a Functional Medicine Health Coach, Author, and Speaker who helps clients reverse their root causes of disease by using education, nutrition and holistic intervention. Before founding Your Food Allergy Coach in 2013, Holli was an accomplished Human Resource professional, respected confidant and adviser to senior executives on strategic issues. She coached numerous managers and worked with employees to solve workplace issues. She brings those skills to helping her clients cope with the challenges brought on by health concerns. Inspired by her daughter's success overcoming life-threatening food allergies through a desensitization process, in 2015 Holli became a certified Integrative Nutrition Health Coach and in 2017 published her book, From Anaphylaxis to Buttercream. She continues to provide support to individuals and families; integrating healthier functional nutrition and lifestyle options into daily lives to enable better choices that have been proven to increase focus, improve energy levels and sleep patterns, reverse chronic health issues, help to decrease food cravings, manage stress, and maintain healthy balance in all areas of life.

Louisa Bloomstein has an MFA from the School of the Museum of Fine Arts at Tufts, and she studied artistic anatomy with Robert Beverly Hale at the Art Students League in New York City. She is a recipient of a National Endowment for the Arts Regional Fellowship in Drawing, and her work is in the collections of the Rose Art Museum at Brandeis University, the Fogg Art Museum at Harvard University, and the List Visual Arts Center at MIT.

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.

Cathy Byrd is a lifelong volunteer in Needham where she has always loved creating projects from nature. Three years ago, looking over her garden she noticed the beautiful leaves from her rhubarb plants and her elephant ear hostas. How could she preserve these leaves? She settled on a cement birdbath formed around these leaves. She has now produced many birdbaths using rhubarb, hosta, and other leaves. Come and enjoy creating your own birdbath using your own leaves or those from Cathy's garden.

Barbara Carroll-Conway is a Needham Food Service staff member who has taught herself old word skills and such as organic gardening, beekeeping, raising small stock and canning. Barbara is also an enthusiastic home cook and adventurist eater.

Cindy Carson has had a life-long passion for baking, which, over 30 years ago, led her to try her hand at the art of decorating cakes. She began by taking classes at The Cake Cottage in Baltimore. Since then, she has advanced her skills through classes at the Culinary Institute of America and The Wilton School of Cake Decorating. Over the years, while raising her family, Cindy has enjoyed teaching cake decorating skills to others, and also continues to delight her customers, friends, co-workers and family with beautifully decorated layer cakes, sheet cakes and cupcakes.

Marilyn Cruickshank, a Needham resident, is the owner of Creative Simplicity Organizing & Productivity, LLC, helping individuals & families get organized, downsize & simplify. Marilyn is a Board member of the New England Chapter of the National Association of Productivity and Organizing Professionals (NAPO).

Nancy Dickinson is principal of Dickinson Architects in Concord, MA. She is a Registered Architect with over 25 years of experience and has specialized in residential design for the past 20 years.

Zazil Fagone became a Licensed Psychologist in her country of origin. Her lifelong fascination for movement and dance led her into becoming a Kundalini Yoga Instructor. She also has various Fitness Certifications. Feeling the desire to use movement as a form of therapy, Zazil obtained a Masters Degree in Expressive Therapies and was certified as a Dance Movement Therapist. In her quest to become more connected to mind and body for more than a decade she has practiced and taught Oriental Dance. Zazil is a member of the International Dance Council of UNESCO and is bilingual in Spanish and English.

Meet the NCE Instructors

Anthony Ferranti is a 3rd generation repairman who has been repairing all makes and models of sewing machines for 25 years.

Annie Feldman is a resident of Needham. She began practicing yoga over ten years ago as an outlet to her rigorous high school basketball training schedule. Since then, yoga has become a meaningful part of her life--helping her to lead a more balanced and focused life. Annie has her 200-HR and 500-HR yoga training, most recently with Barbara Benagh in 2014. Annie loves to draw teachings from a variety of yoga styles, including hatha, iyengar, yin, and restorative methods with a particular interest in intentional structures and alignment. Cognizant of the tolls that habitual patterns and daily tasks can have on one's body, Annie prefers to mix more challenging poses with softer ones to form a balanced and restorative practice. Her goal in teaching is to make students more comfortable and pain-free in their bodies. She is passionate about continuing to learn about the art of body-mind movement and sharing the joy of yoga with others. Off the mat, Annie enjoys spending time with family, cycling, swimming, cooking, and traveling.

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.

Brooks Goddard is a Needham resident and former English Department Head at Wellesley High School. He also served an interim year in that capacity at Needham High School. He has taught English in Deerfield, Kenya, Wellesley, and Westwood, and literature classes for NCE, a poetry class at North Hill, and classes at Lifetime Learning at Regis College's Lifetime Learning Program.

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.

Elizabeth Handler has been researching her ancestry for over 25 years and her husband's Jewish ancestry for almost as long. She holds the Boston University Certificate in Genealogical Research and is a member of several genealogical organizations including the New England Historic Genealogical Society, the Massachusetts Society of Genealogists, the Jewish Genealogical Society of Greater Boston, the National Genealogical Society, the Association of Professional Genealogists, as well as the Col. William McIntosh Chapter of the National Daughters of the American Revolution. Since 2011, she has been blogging about family history at From Maine to Kentucky (https://frommainetokentucky.blogspot.com/) and A Jewish Genealogy Journey (https://jewishgenealogyjourney.blogspot.com/) and looks forward to sharing her interest and knowledge with others who have an interest in genealogy.

Max Hekler has taught English at Needham High School for 18 years, including classes in American Literature, Film, Theater Arts, and the Humanities.

Rich Henkels, with his distinctive sound and enthusiasm, has become familiar in voice-over circles for TV, radio, web-based, corporate, industrial productions as well as for live presentations. With 35+ years of experience in the field and as an Emmy Award winner, Rich knows the industry from both sides of the camera and microphone and now uses his extensive experience and passion to consult with and instruct experienced and aspiring voice actors alike. One of twelve children, Rich is a born communicator and excited to help you make a quantum leap in your career!

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.

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 was 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.

Terry Kitchen is an award-winning songwriter and recording artist with over twenty years' experience in the music business. His songs have won the USA and Mid-Atlantic song contests, been runner up in the John Lennon song contest, and been recorded by numerous artists in addition to his own recordings. They have also appeared in numerous films. Terry has taught songwriting at workshops, conferences and music festivals across the U.S. More on Terry at www.terrykitchen.com.

Kathleen Krivak is a licensed acupuncturist, energy healer, and meditator with many years of experience. Kathleen earned her Master's degree in acupuncture at the Traditional Acupuncture Institute (now Maryland University of Integrated Health) in 1994. She has a strong commitment to healing and spiritual practice and has experienced many benefits from her practice. In her 30 years of practice, Kathleen has incorporated several different traditions of Buddhist meditation and is grateful to her teachers: especially Tenzin Wangal Rinpoche, Tara Brach, and Sharon Salzberg. A dedicated meditator herself, Kathleen would like her students to experience the profound long term gifts of a meditation practice.

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.KarenLeedsDance.com

Joe Leghorn is a retired lawyer and avid gardener. Tired of the common varieties of tomatoes, pepper and eggplants available at garden centers and through the mail, he began starting his own seedlings about 10 years ago. Working in his basement, he set up a seed starting table and now starts many vegetables, herbs and annual flowers for his garden on Cape Cod. Joe follows sustainable and organic growing principles in his seed starting and gardening. He is a board member of the Needham Community Farm and a member of the Northeast Organic Farmers' Association Massachusetts.

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.

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.musingsonthevine.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".

Marc Mandel has been a staff member at the Needham Channel (Needham's community access television station) since 1995. In 2002, Marc became Executive Director of the organization, growing it to include many skilled producers and editors who come together to share their talents with students in the Needham Channel's first collaboration with NCE.

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

Meet the NCE Instructors

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.

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

Shruti Mehta has been teaching Indian cooking to Indian food aficionados for over 30 years. With Shruti, Indian food enthusiasts learn the inherent recipes of the foods of Northern, Southern and Western India's distinguished cuisine. Her classes include field trips to the best local Indian restaurants and Indian grocery stores, exploring the wealth of Indian masalas (spices and spice blends) and other unique ingredients that make Indian food so rich and colorful. Shruti has demonstrated Indian cooking fundamentals and rituals at Peabody Essex Museum and other Indian venues. Her take-home simple recipes are always a hit with her students.

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.

Betsy Millane is a realtor, writer, photographer and problem solver. She taught in the public school system for years as a substitute teacher and loves working with people.

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 a former attorney and the owner of Needham-based Garden MentorSM. Since 2000, she has provided over 600 Metrowest homeowners with garden designs, consulting on plant identification and care, and personal plant shopping services. Her gardening philosophy is based on low maintenance, sustainability and organic methods. Joanne was a speaker at the 2017 Boston Flower and Garden Show and has been featured on WHDH 7and 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 Needham landscape, with woodland garden, mini-meadow, raised perennial beds and extensive bulb plantings, was included on 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, as well as being 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.

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

Angelica Ochoa Orozco started teaching Zumba® in 2010. Born in Mexico she has a passion for my Latino roots and loves integrating Latino music into her classes, along with international and pop music.

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.

Yelena Perchenok lives in Needham with her husband, two kids and two conures. By daytime, Yelena is a quality engineer. In her free-time, she follows her passion as a stylist. Yelena also volunteers at Dress for Success in Worcester and enjoys helping others to look their best.

Noel Powers is an energetic and motivated 200-hour Certified Yoga Teacher. She trained at the Life Time Academy in Chestnut Hill, where she focused on asana, pranayama, meditation, and Ashtanga principles. She strives to inspire others to become committed to practicing yoga!

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Andrew Rodwin spent four decades working in high tech, as a writer, software developer, and engineering team director. A cryptoassets investor since 2015, Andrew has spent countless hours learning how cryptoassets work, through detailed research and practice; and he keeps abreast of the tidal wave of change in this intensely dynamic field. Andrew provides training, research, and consulting services for wealth managers, educational institutions, and individuals curious about how cryptoassets and blockchain technologies are transforming investing, finance and society. He specializes in clearly and simply explaining complex concepts. You can learn more about Andrew at https://cryptotrainer.boston.

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.

Leah Sauter is a retired nurse who has been volunteering in Needham since her retirement. Being a lover of anything nature, she was very intrigued with co-instructor Cathy Byrd's idea to make leaf bird baths. They have since become a team, perfecting their techniques while embellishing some creations with everything from crystals to ornate beads, polished rocks to fun designs.

Joni Schockett has lived in Needham for 40 years. She received her Bachelor's degree from Boston University and her MEd from Framingham State University. While working on the Daily Free Press at BU, she developed her love of writing. She continued to write, combining her passion for cooking and writing, in an organizational cookbook. Since 1991, she has taught writing at Wentworth Institute of Technology. She began writing food columns in 1991, and for the past 27 years has written for various newspapers throughout the country. Currently, she is the food writer for Boston's The Jewish Advocate and the Jewish Star in New York.

Karen Shapiro is a Financial Advisor with Progressive Asset Management. She is passionate about empowering investors with the resources necessary for working toward their financial goals, while also aligning their investments with their environmental and social concerns. Karen has an MS from Harvard School of Public Health and BS from Rutgers University. She holds Series 7 and 66 professional registrations.

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 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.

Charlene Smith is the authorized biographer for Nobel Peace Prize winner, Nelson Mandela, who she personally knew for two decades. Fourteen books have been published in her name, mostly by Random House Penguin. She has won more than a dozen international awards. Charlene worked as a journalist for the Los Angeles Times, Canadian Broadcasting Corporation, and CBS 60 Minutes and has lived and worked on four continents. She still writes the occasional journalistic piece and is a popular and empathetic writing teacher.

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.

Theresa Strachila manages the Needham Community Farm, a nonprofit advancing food justice through food donations and educational programming. She has been farming for over 5 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.

Judith A. Swack, Ph.D., originator of Healing from the Body Level Up™ methodology, is a Biochemist/Immunologist, Master NLP Practitioner, Certified Hypnotherapist, Mind/Body Healer, visionary and leader in the field of Energy Psychology. Dr. Swack has presented her dramatic results live on national television and at international conferences. She has published numerous articles in scientific, professional, and popular journals. Dr. Swack is among the authors of best-selling book, Success Starts Today, a collaboration of expert advice on achieving success anchored by Jack Canfield. She also authored a chapter "Healing from the Body Level Up" in the industry-defining publication, Energy Psychology in Psychotherapy: A Comprehensive Source Book. Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology. She offers trainings both nationally and abroad. Dr. Swack has a private practice in Needham, MA. She and her associates offer individual client sessions in person, by Skype

or by telephone. For more information please see her website www.hblu.org.

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).

Elisa Tragni-Maloney is a native of Bologna, Italy and received a BA in law studies in 1997 from Universita' di Bologna, Italy, and a MA in Organizational Management from Antioch University in Santa Barbara, CA. Elisa was an Italian instructor at Carnegie Mellon University, and also has experience teaching introductory Italian classes in the continuing education program at Santa Barbara City College. Elisa also taught as a lecturer in the French and Italian Studies Department at the University of California at Santa Barbara. She has also worked as a technical translator, and as an advisor for Fulbright and International Fellowships at Carnegie Mellon. Since she moved to Massachusetts 4 years ago, she has been an Adjunct Italian Faculty at Assumption College in Worcester.

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.

Kim Wallace, has worked all facets of the wine industry, from restaurant, to distribution, to representing luxury California wines. A native Houstonian, Kim developed a passion for wine while pursuing the pre-medical program at the University of St. Thomas. She has spent 15 years in the restaurant industry, and, in 2003, became the Wine Director for Brenner's Steakhouse, the oldest operating steakhouse in Houston. During her service at Brenner's, she competed at the First Annual Texas Sommelier's Conference (aka TEXSOM), of which she placed first and was named the "Best Sommelier in Texas" for 2005. A generous scholarship issued by the Court of Master Sommeliers fast-tracked her to sit the Advanced examination and in 2007, she successfully passed with an invitation to sit the prestigious Master Sommelier exam. She is currently working toward her diploma with the Wine and Spirits Education Trust.

Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.

Kristen Williams is an enthusiastic, self-motivated group fitness and yoga instructor dedicated to instructing and engaging students on several different physical activity formats, including Core conditioning, Freestyle cardio, Fusion formats and Yoga. Kristen holds a Master of Science in Health Promotion from the University of Colorado and lives with her husband and son in Medfield.

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.

Rachel Eeva Wood, a graphic designer, and her husband Julian, a mechanical engineer, love the city but also crave space, silence and the woods. They stumbled across the tiny house movement and were really impressed with the efforts people were taking to build something small, sustainable and high-quality. They love to make things and decided in October 2016 to start building the Mouse House on Julian's parents' farm in Maine.

Jen Ziskin is director and co-owner of La Morra and Heritage of Sherborn with her husband Josh. She and Josh opened La Morra in 2003, named after the small village they lived and trained in after they were married. La Morra, Boston Magazine's Best Italian Restaurant in 2015, and The Improper Bostonian's Best Italian restaurant in 2016 has earned a well-deserved reputation in Greater Boston for authentic Northern Italian cuisine. In 2015, Jen and Josh opened Heritage of Sherborn. Taking everything she loves about the hospitality business and putting it all under one roof, Jen has designed the perfect space to host weddings, functions, and wine dinners. Jen is known for her personal relationships with small family-owned and operated vineyards all over the world. She received a certification as an Italian Wine Specialist from the North American Sommelier Association, passed her Level 1 Exam for the Court of Master Sommelier and completed her Advanced for The Wine & Spirit Trust.

Jon Zucchi has a Bachelor of Arts in Music from Providence College and a Master's in Music Education from The Boston Conservatory at Berklee. Jon's career at Needham High School began in 2016. Jon is a guitar player who enjoys introducing high school students and adults to the joys of music. In addition to guitar classes at the high school, Jon teaches Piano Lab and Music Studio and he is the director of the Contemporary Music Ensemble.

NCE ADULT PROGRAMS
Needham Community Education

Late Winter/Spring 2019 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 Title	Section (if applicable)	Fee
		Total:

4 Easy Ways to Register

Online: http://www.Schoolpay.com/link/NCEAdultWS19
Phone: Call NCE between 8:30AM and 4:00PM at 781-455-0400 x11235
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: Once you are registered, you will receive a confirmation email from Schoolpay, our online registration system. If no email is provided, 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. Unfortunately, we are unable to offer refunds or credits for withdrawals less one week prior to the start of a class. 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 day-time number and email address so we can reach you if a space becomes available.
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.
Participation of Minors in Adult Education 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!

NCE Needham Community Education | ELEMENTARY PROGRAMS

NCE Needham Community Education | MIDDLE SCHOOL PROGRAMS

NCE Needham Community Education | HIGH SCHOOL PROGRAMS

NCE Needham Community Education | ADULT PROGRAMS

4 Easy Ways to Register!

Online

Online:
http://www.Schoolpay.com/link/NCEAdultWS19

By Phone:
781-455-0400 X11235
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.

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Needham Public School
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Needham, MA 02492

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