

ARTS & CRAFTS

Watercolor – Beginner/ Intermediate

Instructor: Dawn Scaltreto

If you have always wanted to learn watercolor or spend more time painting, here is your chance! Beginners will have an opportunity to explore a new medium learning the basics of watercolor painting. Techniques will be demonstrated and then applied hands-on, taking you from the idea, to the sketch, to the painting, to more exciting, advanced special effects. Intermediate students will have an opportunity to brush up on the basics, and will work on their own selected projects receiving positive critique and guidance. Work-along project sheets and handouts will be given to students. You won't believe how much fun watercolor can be! *Dawn Evans Scaltreto is an artist, arts activist and educator. In addition to freelance mural and scenic design projects, she is currently teaching painting in Watertown, Waltham and Brighton, and is a board member of Watertown Arts on the Charles and the Watertown Art Association. She is a Signature Member of the New England Watercolor Society.*

8 Wednesdays

\$125

Begins October 5

7-9pm

Introduction To Beading

Instructor: Mina Gibb

Ever wished you could create your own beaded jewelry? Want to learn how to design and assemble earrings and necklaces? Or fix broken ones? Come and experiment. You will learn how to design, assemble, attach, and finish off your pieces. An explanation of the materials that can be used will be given (beads, findings, wire, tools, etc.) and names of some sources for finding whatever you need. Materials fee of \$25 will be payable to the instructor the first evening, with the option of purchasing additional items.

4 Thursdays

\$69

Begins October 6

7-9pm

FIBER ARTS WORKSHOPS

Allison Krzanowski is a fiber artist working mostly in crochet and embroidery. She has taught art and weaving at the Women's Cooperative at the Los Patojos community center in Jocotenango, Guatemala. Locally, she has taught art and fiber arts to children at Manville School, Judge Baker Children's Center (Boston) and has taught adults at the Eliot School. She has a BFA in fibers from Massachusetts College of Art and Design.

Beginner Crochet

Instructor: Allison Krzanowski

In this class students will learn to crochet and create a hat, scarf, and a small afghan. Students can expand on the afghan later if they choose to do so. Flexibility will be created in the schedule so that students will be able to either work ahead or catch up. We will learn about different size hooks, weights of yard and basic stitches. Please bring some Red heart yarn, and a size I crochet hook to get started.

8 Mondays

\$125

Begins October 17

6:30-9PM

Embroidery Workshop

Instructor: Allison Krzanowski

This class will cover the basics of embroidery including chain stitch, satin stitch, couching, French knots and more. You will leave with a small sampler and the skills you need to complete embroideries of your own.

1 Tuesday

\$29

October 18

6:30-9pm

Crochet Rag Rugs

Instructor: Allison Krzanowski

In this class students will learn to crochet and create a rug out of recycled fabrics. Students come with rags and the largest size crochet hook. We will spend the first hour or two learning about the project, then learning how to cut up the rags and winding them into a ball to use like yarn. Next we will learn the basic crochet stitches. For the last two or three hours, we will start crocheting the rug. In previous classes, students left with a start to their rug and were comfortable completing it on their own. Alternatively, there could be a second class offered and the students could complete it then. Please bring a large bag of rags and a size Q crochet hook!

2 Tuesdays

\$59

November 1, 8

6:30-9pm

Basket Weaving with Recycled Rags

Instructor: Allison Krzanowski

Two techniques for making basket will be taught- one by crocheting rags into a basket shape and the other will be a sculptural weaving technique using rags and wire. Make a beautiful basket or two for yourself or as a holiday gift. Please bring a large bag of rags!

3 Thursdays

\$78

Begins November 3

6:30-9pm

Fiber Arts Sampler

Instructor: Allison Krzanowski

This class is meant to provide a sampling of fiber arts by offering students the opportunity to learn many different basic skills. We will be learning basic crochet, basic knitting, sewing, embroidery, needle felting, bookmaking. Each week we will try something new. A materials fee of \$25 is payable to the instructor at the first class.

6 Wednesdays

\$110

Begins October 12

6:30-9pm

ONLINE COURSES

Ed2go Online Courses

Ed2go and Watertown Community Education offer instructor-facilitated online courses that are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any course entirely from your home or office – any time of the day or night. We offer 100s of courses but to see some of the most popular ones, log on to: www.ed2go.com/wce for more information and a complete list of courses offered.

COOKING

For over 30 years, Teresa Riffe and Phyllis Tentindo have taught people to cook for themselves and their friends. Teresa and Phyllis will instruct you of the fine artistry of cooking. They offer day and evening classes at their home studio and through many local organizations. So, bring your appetite to these classes.

Canning and Jam...Grow It, Eat It..Preserve It

Instructors: Teresa Riffe and Phyllis Tentindo

Preserving Your Garden's Bounty

Love the flavor of summer fruits and veggies! Learn how you can enjoy the delightful, fresh-picked taste all year long by making jams, jellies, preserves, pie fillings, conserves and butters. This workshop will cover basics of water bath canning to ensure safe preservation. This is a must if you are a gardener. Each person will leave with a few jars of jelly. There will be a \$25 materials fee payable to the instructor.

1 Monday \$45
October 3 6-9pm

Handmade Pasta

Instructors: Teresa Riffe and Phyllis Tentindo

This class explores the methods and techniques of making handmade pasta dough and forming that dough into various pasta products to achieve more consistent, Cartesian/professional results. Through lecture, demonstration and hands-on instruction, you will learn all about the basic ingredients, tools, terminology, techniques and recipes for making pasta dough and pasta in your home kitchen. We will explore spaghetti, fettuccine, ravioli, just to name a few. There will be a \$20 materials fee payable to the instructor.

1 Monday \$29
October 17 7-9pm

Easy Bread

Instructors: Teresa Riffe and Phyllis Tentindo

This class explores the methods and techniques of making good bread dough and forming that dough into various bread products to achieve more consistent, professional results. Through lecture, demonstration and hands-on instruction, you will learn all about the basic ingredients, tools, terminology, techniques and recipes for making artisan style breads and rolls, in your home kitchen. There will be a \$20 materials fee payable to the instructor.

1 Monday \$29
October 24 7-9pm

Back to Basics – Cookies

Instructors: Teresa Riffe and Phyllis Tentindo

This class explores the methods and techniques of making the most delicious cookies. You will learn the how to make the perfect cookies to go with any dinner party, function, or just for your family with professional results. Through lecture, demonstration and hands on instruction, you will learn all about the basic ingredients, tools, techniques and recipes for making artisan style cookies in your kitchen. An \$18 materials fee payable to the instructor.

1 Monday \$29
October 31 7-9pm

The Perfect Pie

Instructors: Teresa Rife and Phyllis Tentindo

Get ready for the holidays!! Learn the art of pie making, start with some basic fruits and end with the perfect pie crust – and a little bit of love. Learn chefs' secrets for making the perfect pie. Then learn to garnish yours like a pro, elevating your pies to a whole new level. You will be the envy of family with this new skill. There will be a \$25 materials fee payable to the instructor.

1 Monday \$29
November 7 7-9pm

Savory Soups

Instructors: Teresa Riffe and Phyllis Tentindo

Perfectly prepared soups start with some basic classical Italian techniques – and a little bit of love. Learn chefs' secrets for taking shortcuts without sacrificing quality. Then learn to garnish soups like a pro, elevating your soups to a whole new level. We will cover Homemade Vegetable Soup, Roasted Butternut Squash Soup with Pancetta, Italian Wedding Soup and Chicken Stock. There will be a \$20 materials fee payable to the instructor.

1 Monday \$29
November 14 7-9pm

Mediterranean Appetizers Cooking

Instructors: Teresa Riffe and Phyllis Tentindo

Hands-on Cooking. Take a quick food tour by making some of the traditional appetizers of the Mediterranean. Appetizers and hors d'oeuvres are the enticing entrance to a full meal that go by different names around the world. You will be making many treats and inviting guests to show off your new talents in no time. There will be a \$15 materials fee payable to the instructor.

1 Monday \$29
November 28 7-9pm

MOVEMENT AND FITNESS

Hula Hooping

Instructor: "Lolli Hoops"

Hula Hooping is the latest fitness trend, and for good reasons! Not only does it make you feel like a kid again, but it burns as many calories as running an 8-minute mile. Learn the basics in a class that will help sculpt your abs, improve your strength, and provide an excellent cardio workout. We will learn to be more graceful and connected to the movement - we will dance with the hoop. This will be the most fun you have ever had getting or staying fit! Bring your enthusiasm; we'll provide the hoops! *Lolli Hoops is one of the founding members of The Boston Hoop Troop, she has been hooping and spreading her love of this fun dance for over 5 years!*

8 Mondays \$99
Begins October 3 6-7pm
J.R. Lowell School Cafe, entrance on Lowell Ave.

Yoga

Instructor: Becky Small

Yoga helps to build flexibility and strength in the body while also teaching us relaxation and calming techniques. In this class you will learn to sync your breath with your movement, gently flowing in and out of various postures. Classes tend to be a moderately paced, alignment based vinyasa but some classes are more gentle or vigorous than others. Modifications are offered in all classes in order to be accessible to all students. Come stretch, tone, relax and listen to some good tunes with me. Please bring a mat and water. www.bsmallyoga.com *Becky Small has been teaching yoga for three years but has been sharing her love of yoga with friends and family for many more. She did her yoga teacher training through YogaWorks with Natasha Rizopolous. Becky teaches in various yoga studios and gyms in the area and has worked with students ranging in skill level and age from toddlers to senior citizens.*

8 Tuesdays **\$99**
Begins October 4 **7-8pm**

Tai Chi

Instructor: Laura Coulter

The ancient art of Tai Chi is moving meditation where the mind centers itself on each movement producing inner calm. Tai Chi exercises improve the energy flow within the body and its practice promotes balance, breathing, flexibility and physical control. Loose, layered clothing is suggested. Beginners are welcome. Each class consists of 20 min qi gong warm up and 40 min Inner chi form. *Laura Coulter is a certified Tai Chi instructor.*

Beginner

8 Wednesdays **\$99**
Begins October 5 **7-8pm**

Intermediate

8 Wednesdays **\$125**
Begins October 5 **7-8:30pm**
Cunniff School Gym, 246 Warren St.

Body Revival

Instructor: Mina Gibb

Feel free to join us as we use yoga postures, stretching and meditation to help our bodies become centered and flexible. Don't worry if you are a beginner. A sense of humor is also invaluable, so bring that along with your yoga mat. *Mina has had extensive experience as a body worker and energy healer since 1982. She has taught yoga, meditation and stress reduction in many locations*

8 Wednesdays **\$99**
Begins October 5 **6:15-7:30pm**
J.R. Lowell School, Music Room, enter on Lowell Ave.

Beginner Ballroom Dance

Instructor: Kathi Zerkle

Learn the basics in Foxtrot, Waltz, Tango, and Swing dancing. This class will teach you the basic steps you need to have fun on the dance floor at any occasion. Develop skills that will last a lifetime. Couples and singles welcome. *Kathi has 20 years of dance experience and is a former Arthur Murray dance instructor and competitor.*

6 Wednesdays **\$99 per person/\$180 per couple**

Begins October 5

6:30-7:30pm

Beginner Latin Dance

Instructor: Kathi Zerkle

Learn the basics in Rumba, Cha-Cha, Mambo, Salsa, and Merengue. Latin dancing is not only fun and exciting; it is also great for your health. The Latin rhythm allows you to move and feel confident about your dancing. Couples and singles welcome.

6 Wednesdays **\$99 per person/\$180 per couple**
Begins October 5 **7:45-8:45pm**

ACTING

Acting Class!

Instructor: Beth Peters

Participants will be introduced to different acting techniques and styles each week while working on scenes, monologues and improvisational styles to be informally performed on the last night of class. We will explore different genres for acting including dramatic, comedic, farcical and classical genres. Together, we will explore the four pillars of acting: style; emotion; objective and sense memory ~The class will be tailored to the interests of participants. *Beth Peters is a theatre artist, educator and author. She has directed over 30 productions for and with youth, and worked on over 65 plays and musicals. She earned a BFA in Performance Studies from University of Illinois at Urbana-Champaign focusing on Directing and Playwriting and a M.A. from Emerson in Theatre Education. She has worked throughout Boston as a teacher, artist and director.* Bethpeters.org

8 Monday **\$125**
Begins October 3 **7-8:30pm**

MUSIC

Jon Aanestad is a multi-instrumentalist (guitar, violin, mandolin and voice) and songwriter in the Boston area. Jon began playing classical violin at the age of 5. Since then he has been studying classical music as well as other styles - improvising, adding a jazz riff here and a pop reference there. Jon studied at Luther College and Berklee College of Music, performs in multiple bands in the area, and has received recognition for songs he has written by the UK Songwriting Contest and the Great American Song Contest.

Beginning Guitar

Instructor: Jon Aanestad

It is never too late to learn an instrument, and guitar is an excellent instrument to start with. Learn the basic chords as well as basic chord shapes on the guitar and experience the joy of playing music with others. Jon Aanestad, a multi-instrumentalist, teacher and performer in the region will lead the class and teach basic chord shapes and strumming patterns that will enable you to play a lot of your favorite songs. No previous experience with the guitar is required, but you must bring an acoustic guitar to class.

8 Wednesdays **\$99**
Begins October 5 **7-8pm**

Intermediate Guitar

Instructor: Jon Aanestad

Are you stuck on G, C and D and just can't get that barre

chord or finger-picking pattern together? Learn about barre chords, embellished chords, inverted chords and experiment with different strumming and finger-picking patterns with friends! You will learn barre chord shapes, embellished chords and finger-picking patterns that will enable you to play a lot of your favorite songs. Previous experience with the guitar is required (students should know basic chord shapes, G, C, D, A, E, Em, Am, Dm and F) and students must bring their own acoustic guitar.

8 Wednesdays **\$99**
Begins October 5 **8-9pm**

Voice

Instructor: Jon Aanestad

Explore your instrument within and start singing in public! This course is designed to familiarize students with the singing voice by learning basic vocal hygiene, vocal warm-ups, vocal exercises and different vocal techniques in everything from opera to rock and roll. Jon Aanestad, a multi-instrumentalist, teacher and performer in the region, as well as an MGH Voice Center alumnus, will be leading students by teaching basic voice technique through song. Students will be accompanied on guitar, and at the end of the class students will participate in a mini-recital with the class participants, family and friends.

8 Wednesdays **\$99**
Begins October 5 **6-7pm**

ORGANIZING

Get Organized: Tips from the Pros

Instructors: Lorena Prime and Maureen Nuccitelli

Are you having trouble getting everything done in your day? Do you have difficulties finding things when you need them? If yes, join us for an inspiring evening with two Professional Organizers who will share tips to help you find a peaceful balance between work and home. We will share tips, techniques, tools and resources on

- Managing your email - how to deal with an overstuffed inbox
- Managing your “snail” mail - how to keep it under control
- Getting unstuck on organizing projects

This class is customized for *you*, so there will be plenty of time for questions and discussions based on problems you are currently experiencing. Lorena Prime, of *Clearly Organized* (<http://www.clearlyorganizedlife.com>), is a *Business Organizing and Productivity Consultant* and Maureen Nuccitelli, of *Harmonious Life Designs* (www.harmoniouslifedesigns.com), is a *residential Professional Organizer* and a member of the New England chapter of NAPO (National Association of Professional Organizers). Together these two *Productivity/Organizing consultants* have over 10 years of experience organizing time, people, spaces and things. Whether business or residential organizing projects, both bring compassion, humor and expertise to the rescue.

1 Monday **\$29**
Oct. 3 **6:30pm - 8:30pm**

The Organizing Diva’s Tricks to a Closet Makeover

Instructor: Maureen Nuccitelli

Does your closet look overcrowded and cluttered? Is it difficult to find clothes and accessories to make a fashionable outfit? Do you find the seasonal wardrobe change daunting? If you answered yes to any of the above questions, come and check out The Organizing Diva’s Tricks to a Closet Makeover. You don’t need to spend a lot of money on some fancy closet design company to makeover your closet. During this seminar there will be a demonstration on how to organize a typical closet and suggestions for tools and tips on how to keep it clutter-free. Hand-outs will be provided covering these tips and suggestions for tools. Once you give your closet a makeover, getting dressed will be easy and fun.

Maureen Nuccitelli, of Harmonious Life Designs, brings a certain aesthetic element to de-cluttering, organizing and space design. She has a BS in psychology from Tufts University and training as a Wellness Coach that help her understand clients' needs, create unique solutions and treat them compassionately. Maureen's love of fashion and closet organizing are reflected in her semi-annual Fashion Swaps. She helps her clients organize their own closets so they can efficiently find their best fashion ensembles. She is a member of the National Association of Professional Organizers (NAPO).

1 Wednesday **\$29**
September 28 **6:30pm - 8:30pm**

Tame Your Email Inbox

Instructor: Lorena Prime

Do you struggle to keep on top of your emails? Are you using your inbox as a to-do list? Do you have over 200 emails in your inbox? You might not realize this, but email can control how your day flows and what things you work on. In this seminar you will learn how to deal with emails efficiently, take action when needed, file when necessary, as well as learning how to put your inbox on "autopilot." You will discover the "T.A.R." system which will help you get through emails faster. You will leave the class knowing how you can be proactive rather than reactive and never get caught in the email vortex again!

1 Tuesday **\$29**
October 4 **7-9pm**

Organizing Any Space

Instructor: Lorena Prime

Ever wonder how some people can be so organized? Being disorganized is not a character flaw! As a child you may not have learned the skills to be organized, but you can learn them now. With the 5-step "C.L.E.A.R." methodology, you can organize anything at work or home including your papers, things, and space. It's easy once you know how. Through this workshop, you will discover a new way to organize which can be applied immediately to your life so you can reap the rewards of a more calm, productive, and enjoyable day. Lorena Prime, a *Productivity Expert*, owns *Clearly Organized*. She works with individuals and businesses to teach life-long organizing and time-management skills so people get more out of every day. She spent 20 years in Corporate America at large companies, but now spends her time helping people lower their stress levels, feel more in control,

declutter, be productive, and have a peaceful balance between work and home. www.ClearlyOrganizedLife.com.

1 Monday **\$29**
October 17 **7-9pm**

ETC., ETC., ETC.

Golf For Beginners

Instructor: Joe DeVico

New to the game? An occasional player interested in improving your game? Join us! Develop your skills and confidence in a fun atmosphere! Through instruction kept simple and hands-on practice, learn about proper grip, stance and swing for each club, from driver to putter. Instruction will revolve around the three basic swing principles of: shift, rotate, and hit. Let me help you develop the rhythm and tempo necessary for getting the ball airborne and to the target. Learn from my experience...earned after 25 years of chipping balls on an average of 2,500 balls per week...possibly a Guinness World Record! (During the six sessions, each student will chip about 1000 balls.) *Joe DeVico is a lifelong resident and retired employee of the Town of Watertown and an avid golfer.*

Joe is currently teaching at Stone Meadow.

6 Thursdays **\$99**
Begins October 6 **7-9pm**
Cunniff School Gym, 246 Warren St.

Tree and Shrub Pruning Workshop

Instructor: Christopher Hayward

This workshop will be of interest to all those who work with woody plants. Proper pruning maintains and improves the health and value of plants, whether in a town park or just around your home. The workshop will consist of a PowerPoint presentation on proper pruning practices and a discussion on the tools used and informational publications that are available. Examples of proper pruning techniques as well as improper pruning techniques such as flat-topping mature trees, leaving branch stubs, cutting at the wrong angle, will be discussed.

Christopher Hayward is the Tree Warden for Watertown.

1 Thursday **\$29**
October 27 **6-8pm**

Beginner/Intermediate Spanish Workshop

Instructor: Alexi Joannidis

In this course the instructor will provide a laid back approach to learning Spanish which focuses a bit on grammar but also on listening, understanding, and pronouncing the language. A prime focus is to help students get over the natural shyness of speaking a new language, and to get their thoughts across in Spanish. Using newspapers, magazines and music in addition to exercises from a book, students will improve their ability to pick out words and understand phrases in both written and spoken Spanish. Along the way students will pick up cultural tidbits from different Spanish speaking countries and from the immigrant community in the US.

8 Tuesdays **\$109**
Begins October 4 **7-9pm**

Maximize Your Financial Aid For College

Instructor: College Funding Advisors

This one night workshop is a must for all parents of college bound high school students. We will demystify the college financial aid process and teach you how to access the more than \$60 billion in financial aid dollars, monies that are available even to families of "high" income or business owners. You will learn the optimum time to set the strategies in place (hint, best for junior year) and why, if you wait until the financial aid deadline to file your forms, you will miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. Bring a calculator and a basic knowledge of your income, taxes and assets. A free analysis will be provided to those attending the class. College Funding Advisors (CFA), a non-profit organization, provides aid information to the greater Boston area.

1 Monday **\$15per person/\$20 per couple**
October 24 **7-9pm**

What Does It Take To Write A Grant Proposal?

Instructor: Audrey Jones Childs

This class will cover the steps involved in writing a concise and clear grant proposal including what various types of agencies often expect, how to prepare a cover letter and write a concept paper. The components of the classes will cover: Common proposal formats, how to think "out-side the box" when conducting funding searches, writing an introduction, gathering background information, what the components of a proposal are, how to create a budget, what is needed in a budget justification, what is meant by a time-line, how to write a conclusion, what one can expect from a site-visit, how to prepare a proposal for submission, how to prepare for monitoring the award, and what to do if the agency asks for a concept paper prior to a full proposal. Students will be asked to write sample sections of proposals and conduct web searches on their own time.

Audrey Childs has worked in grant management for 30 years.

3 Tuesdays **\$89**
October 11, 18, 25 **7-9pm**

The History of Watertown 1630-2011

Instructor Audrey Childs

Learn about Watertown's amazing history. The talk will cover how Watertown was settled and the community's transition from 1630 to the present day. For example, learn how various communities were once part of Watertown, the role Watertown played in the Revolutionary War and the industrial revolution, why Watertown has been called the bedroom community and a melting pot. Learn about changes that occurred since 1630. Learn where famous people lived and where the historic markers are located. Maps and books will be available at the end of the class. *Audrey Jones Childs is a third generation resident of Watertown and a Watertown historian.*

1 Thursday **\$29**
November 10 **7-9pm**