

ADULT - FITNESS

ZUMBA®

Christine French

Zumba® is more than just exercise. It is fun and fitness wrapped up in the best dance party you will ever attend! This class provides routines featuring interval training sessions with fast and slow rhythms and resistance training. You will tone and sculpt every major muscle group while burning fat. Classes mix upbeat music from many different genres and styles. The routines are designed for all levels and ages, and for both dancers and non-dancers alike. You will love the fun class atmosphere that you will not want to end!

Course # A29-17 8 sessions
Saturdays, October 14-December 9 10:00-11:00am
(No class November 25) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA GOLD®

Lisa Kohne

NEW

An all-time favorite class has returned to Community Education! Zumba Gold® is perfect for adults looking for a modified Zumba® class that recreates the original moves you love but at a lower intensity level. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. It focuses on all elements of fitness – cardiovascular, muscular conditioning and flexibility. Come ready to sweat and prepare to leave empowered and feeling strong.

Course # A30-17 8 sessions
Mondays, October 16-December 4 7:00-8:00pm
High School Aerobics Room - Enter Gym Doors \$70

WOMEN, YOGA & HEALTH

Siri Krishna Khalsa

This is an 8-week course designed for women only. Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class.

Course # A31-17 8 sessions
Tuesdays, September 26-November 21 6:30-7:45pm
(No class October 31) \$78
Medway Public Library - Lower Level

PIYO: PILATES & YOGA

Josette Puig

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Course # A32-17 8 sessions
Wednesdays, September 27-November 29 7:00-8:00pm
(No class October 18 & November 22) \$70
High School Aerobics Room - Enter Gym Doors

20/20/20 - Rope Training & Cardio Circuit

Patrice Dwyer

Join this innovative fitness class that offers a fresh challenge for improved cardio performance featuring Rope Training and Cardio Circuit. Every session includes a complete fitness routine, with 20 minutes each of cardio, weight training and abdominal work. Both nights challenge different muscle groups giving all participants a complete and balanced workout. Please bring a water bottle, hand held weights and a yoga mat. This class offers a complete and balanced workout that is perfect for all fitness levels.

Course # A33-17 16 sessions
Mondays & Wednesdays, October 2-November 29 6:30-7:30pm
(No class October 9 & November 22) \$85
Burke School Gym

EVENING BOOT CAMP

Kelly DuBois, ACE Certified Personal Trainer

Join us in this highly-energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength-training exercises will change each week so you will never feel bored. Please bring a yoga mat and water bottle to class.

Program 1

Course # A34-17 8 sessions
Tuesdays, October 3-November 28 7:00-8:00pm
(No class October 31)

Program 2

Course # A35-17 8 sessions
Thursdays, October 5-November 30 7:00-8:00pm
(No class November 23)

Burke School Gym \$70/one night or \$120/two nights

STROLLER BOOT CAMP

Kelly DuBois, ACE Certified Personal Trainer

Parents/caregivers of stroller-aged children will enjoy this highly energetic class and have fun while getting fit. You will burn calories and build strength with creative exercises and positive motivation. The class is designed for all fitness levels and exercises change each week so you will never get bored. Please bring water and a mat or towel to class. You may register for one morning or receive a discount for two mornings. Moms must be at least six weeks postpartum and cleared by their physician to resume physical activity.

Program 1

Course # A36-17 8 sessions
Tuesdays, October 3-November 21 9:30-10:30am

Program 2

Course # A37-17 8 sessions
Thursdays, October 5-November 30 9:30-10:30am
(No class November 23)

Veterans Memorial Building - Gym \$70/one morning
Rte. 109, Millis or \$120/two mornings

TAI CHI - Road to Longevity

John Dansereau

This is a special form of Tai Chi designed for seniors but all are welcome. It is a graceful and relaxed class. Practicing Tai Chi can improve energy, circulation, flexibility, balance, immune function and relieve stress. Please wear comfortable clothing and flexible-soled shoes and bring an open mind.

Course # A38-17 8 sessions
Thursdays, October 5-December 7 6:30-7:30pm
(No class October 19 & November 23) \$70
Medway Senior Center

MEN'S INDOOR FUTSAL

Anil Mahalaha



Join our indoor futsal soccer program to maintain your skills and fitness level during the off season. Futsal is played on a hard surfaced, basketball-sized court with a smaller and heavier low-bounce ball. It is played with touchline boundaries and without walls. Depending on the number of players each week, we will divide into teams of six and rotate every 10 minutes. This program is for players of all ability levels. All participants must register before the first session. Limit 20 participants.

Course # A39-17 9 sessions
Sundays, October 15-December 17 8:00-10:00am
(No class November 26) \$85
High School Gym

MEN'S SUNDAY MORNING BASKETBALL

Bill Gross

Come and get an early start to your day, as well as some great exercise, in this informal basketball program specifically for men 30 years and older. You will have the opportunity to "compete" in many games during the two-hour session. Bring water, a towel, and a light and dark shirt. All participants must register before the first session. Limit 20 participants.

Course # A40-17 12 sessions
Sundays, September 24-December 10 7:00-9:00am
Middle School Anderson Gym \$85

MEN'S TUESDAY NIGHT BASKETBALL

Adam Quimby

If you love to play the game of basketball and want to get some exercise, join us and play in this non-competitive setting. You will have the opportunity to play in many games during this program. Bring water, a towel, and a light and dark shirt. All participants must register before the first session. Limit 20 participants.

Course # A41-17 12 sessions
Tuesdays, September 26-December 19 7:00-9:30pm
(No class November 7) \$85
Middle School Old Gym

CO-ED VOLLEYBALL

Steve Karra & Mike Bradford

Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! All participants must register before the first session.

Course # A42-17 10 sessions
Wednesdays, September 27-December 6 7:00-9:00pm
(No class November 22) \$70
Middle School Old Gym



INTERMEDIATE CO-ED VOLLEYBALL

Wally Wenzel & Bob Hudon

Have you ever wanted to get back into the competitive game of volleyball? Here's your chance! This class is for those who have had experience and have a good basic knowledge of the game. Play is on a full court using USVBA rules with tryouts on the first night. You may sign-up for one night or receive a discount for two nights. All participants must register before the first session.

Program 1
Course # A43-17 10 sessions
Mondays, September 25-December 11 7:00-9:30pm
(No class October 9 & November 6)

Program 2
Course # A44-17 10 sessions
Thursdays, September 28-December 7 7:00-9:30pm
(No class November 23)

Middle School Old Gym \$70/one night or \$130/two nights

LADIES LIGHT HIKING

Nanci Cahalane

Add dimension to your walking or jogging! Do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace, and we will be looking for hills! We will meet at various local locations each week. A list will be distributed. Hikes are cancelled only for very inclement weather with make-ups after second cancellation. *First meeting location will be at F. Gilbert State Forest, 45 Mill Street, Foxboro.*

Program 1

Course # A45-17 6 sessions
Thursdays, September 14-October 19 **or** 9:45-11:00am

Saturdays, September 16-October 21 9:45-11:00am

Program 2

Course # A46-17 6 sessions
Thursdays, November 2-December 14 **or** 9:45-11:00am
(No hike November 23)

Saturdays, November 4-December 16 9:45-11:00am
(No hike November 25)

F. Gilbert State Forest, Foxboro \$30/program

YOUR FIRST 5K

Nanci Cahalane, Certified Personal Trainer & MIAA Coach

Here is your chance to do something that has only been a dream! If you have thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this 10-week program, catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week, and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

Course # A47-17 10 sessions
Tuesdays, September 12-November 14 9:30-10:30am
Pond Street Recreation Complex, Rte. 115, Norfolk \$75

BIKE FITNESS

Cycling Emporium



Looking to gain fitness on your bike this fall and winter without the hassle of unpredictable traffic and weather? Want to work out in a structured, fun environment? Bring your bike to the Cycling Emporium's power building sessions. We'll build your power through workouts of varying intensities and intervals. Each week will build on the previous one.

Course # A48-17 9 sessions

Mondays, October 23-December 18 **or** 10:30-11:30am

Tuesdays, October 24-December 19 **or** 5:30-6:30am

Wednesdays, October 25-December 20 6:30-7:30pm

65 Holbrook Street, Norfolk - Suite 170 \$160/program

WATER FITNESS PROGRAMS

Franklin YMCA

YMCA Aquatics Staff

The Franklin YMCA offers a variety of fitness programs that allow all ages and abilities to enjoy the pool. Participants who register through Community Education pay \$5 per Water Fitness class. Please indicate the number of passes required when registering, which will then be mailed to your home upon receipt of payment. You may attend any of the programs/days/times noted below. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length. *No classes on October 9, November 11, 23, 24 & December 24.*

Aqua Yoga

Balance, strength, flexibility and focus are practiced through a variety of asanas (positions) in the pool. You will benefit from the water's buoyancy for joints, and the surprising challenge to subtle core stability while holding poses. Leave the pool feeling centered and relaxed. This class is for all levels.

Monday, Wednesday 11:15am

Aqua Zumba

Burn calories and tone muscle in this fast paced, low impact class. Much like dry land Zumba, workouts incorporate Latin Dance. This class is for all levels.

Tuesday, Thursday 12:10pm; Friday 11:10am

Cardio Aqua

This low impact class incorporate resistance routines using one's own body and the use of aqua equipment. Exercises are done in shallow and deep water and appropriate for all fitness levels.

Monday, Wednesday, Friday, Saturday 8:00am; Tuesday 7:30pm

Hydro Fit

This class is designed to offer a variety of cardiovascular and muscular endurance exercises taking influences from kickboxing, Plyometrics and Zumba. You will get your heart pumping and your body moving in this class.

Monday 7:30pm

Water Tai Chi - New

A form of moving meditation in which the mind and body are led to a state of balance and equilibrium. This class will integrate physical postures, breathing techniques and focused intention to the body.

Thursday 7:10pm

YAAP - Aqua Arthritis

This soothing exercise class is designed for those with arthritis. Exercises are done in shallow water. A doctor's release form is required.

Tuesday, Thursday 8:15am

Course # AY-17 45 Forge Hill Road, Franklin \$5/class

ADULT SWIM LESSONS

Franklin YMCA

YMCA Aquatics Staff

For information on adult swim lessons, please refer to page 7 in the YOUTH section of our brochure. Many times and days are available during the Fall 1 and Fall 2 sessions.

ADULT GYMNASTICS

Shen's Gymnastics Academy



Are you looking for a new and exciting exercise routine? Adult Gymnastics is highly customized for both women and men, as coaches teach all levels and no previous experience is necessary. Women will work on the uneven parallel bars, beam, vault and floor, and men will work on the rings, parallel bars, high bar, pommel horse and vault. Participants may also use the tumble track trampoline and large foam pit to practice tumbling skills and flips. Experience a great workout all while having fun!

Course # A49-17 8 sessions
Wednesdays, October 4-November 29 8:00-9:00pm
(No class November 22) \$210
16 Everett Street, Holliston

ADULT HIP HOP

Inspire Dance Academy

Inspired by street dance styles, this class will teach today's hottest hip hop moves, as well as old school styles. Dancers will develop body strength, flexibility, and increase stamina through this high energy class that is sure to get you grooving and sweating! All experience levels are welcome. Dress comfortably in non-restrictive clothing and bring a pair of clean sneakers for the dance floor. This class runs monthly from October to May.

Program 1

Course # A50-17 4 sessions
Mondays, October 2-30 7:00-8:00pm
(No class October 9)

Program 2

Course # A51-17 4 sessions
Mondays, November 6-27 7:00-8:00pm

18 Water Street, Holliston \$50/program

ADULT TAP

Kimberly Milo, Inspire Dance Academy

Tap is a popular style of American theatrical dance distinguished by percussive footwork that marks out precise rhythmic patterns on the floor. Dancers develop a keen sense of rhythm and balance. This basic level, beginner tap class is geared towards the adult who has had little to no tap training. An oxford style tap shoe is recommended for adults as it provides extra support for the foot, although any brand or style tap shoe is acceptable for class. Please contact Inspire Dance Academy for further information regarding shoes. This class runs monthly from October to May.

Program 1

Course # A52-17 4 sessions
Wednesdays, October 4-25 7:30-8:30pm

Program 2

Course # A53-17 4 sessions
Wednesdays, November 1-29 7:30-8:30pm
(No class November 22)

18 Water Street, Holliston \$50/program

ADULT INTERMEDIATE TAP

Kimberly Milo, Inspire Dance Academy



Inspire Dance Academy's intermediate level tap class is appropriate for the adult who has had some experience with tap dance and is looking to continue training. An oxford style tap shoe is recommended for adults as it provides extra support for the foot, although any brand or style tap shoe is acceptable for class. Please contact Inspire Dance Academy for further information regarding shoes. This class runs monthly from October to May.

Program 1

Course # A54-17 4 sessions
Wednesdays, October 4-25 6:30-7:30pm

Program 2

Course # A55-17 4 sessions
Wednesdays, November 1-29 6:30-7:30pm
(No class November 22)

18 Water Street, Holliston \$50/program

ADULT BEGINNER BALLET

Ellen Oliver, Inspire Dance Academy



Ballet is the foundation of all dance forms. Classes begin at the barre where students perform movement sequences to develop strength, coordination, balance and proper alignment. These skills are reinforced through center and across the floor combinations. Classical technique and vocabulary are taught. Beginners are welcome in this class. Canvas or leather ballet slippers are recommended. This class runs monthly October to May.

Program 1

Course # A56-17 4 sessions
Thursdays, October 5-26 7:15-8:15pm

Program 2

Course # A57-17 4 sessions
Thursdays, November 2-30 7:15-8:15pm
(No class November 23)

18 Water Street, Holliston \$50/program

BOXING FOR FITNESS

Fitness Advantage Boxing



A total body workout in an hour! Join our group workouts to learn why boxing is the most popular fitness program sweeping the nation. Our experienced USA boxing certified coaches will lead you in a highly effective whole body workout that incorporates drills on the heavy bag, along with strength and conditioning circuits. Classes are suitable for all fitness levels, and all the workouts are challenging for even the most experienced athlete. Participants should bring their own water, boxing gloves and hand wraps, which are available for purchase at FA Boxing.

Course # A58-17 10 sessions

Mondays, September 11-November 13 or 9:00-10:00am

Wednesdays, September 13-November 15 9:00-10:00am

99 West Street, Medfield - Suite G (rear) \$160/program

ADULT - HOME & LEISURE

BREWERY TOUR & TASTING

CraftRoots Brewing

Spend an evening at CraftRoots Brewing where guests will enjoy a private brewery tour, participate in an open discussion about craft beer, and sample a rack of four 5-oz beers. Brewer and Founder Maureen Fabry is passionate about connecting craft beer back to local agriculture and crafting super-fresh, community-inspired brews. Additional beer may be purchased separately. Participants must be 21 years of age to attend.

Course # A59-17
Tuesday, October 24
4 Industrial Road, Milford

1 session
7:00-9:00pm
\$15



WINE EDUCATION SERIES

Ages: 21 & up
Franklin Liquors Tasting Room

Class 1: Noble Grape Varieties - This class is a great introduction to the basics of wine grapes and the six varieties that produce many of the most popular wines. We will discuss why these grapes are special, where they grow, and which famous wines are made with these grapes. All six wines will be tasted!

Class 2: Decoding American Wine Labels - Are you one of the many wine buyers who chooses a bottle based on the look of the label? In this valuable class, we will explain all the truths and misconceptions on an American wine label. Knowing this information will help you get more value for your money, understand if a wine is a generic commercial wine or a hand-made artisanal bottle, and be aware of clues regarding its taste. After this event, buying wine will never be the same!

Class 3: Decoding European Wine Labels - European wine labels follow an entirely different set of rules than that of American wine labels and are often confusing and intimidating. We will walk you through the method behind French, Italian, Spanish, and German labelling and help you understand how to read European labels. You will leave with the confidence to buy that bottle of Bordeaux or Spatlese!

Course # A60-17
Class 1: Thursday, September 21
Class 2: Tuesday, October 17
Class 3: Thursday, December 7

1 session
7:00-8:30pm
7:00-8:30pm
7:00-8:30pm

363 East Central Avenue, Franklin \$25/class or \$65/series

NEW

INDIAN COOKING MADE EASY

Sandhya Jain

Cooking authentic Indian food has never been so easy! This exotic, multi-layered cuisine with its rich textures, bold flavors and aromas can prove to be a challenging endeavor to undertake. Join Sandhya who teaches the basics of this art in a stress-free environment, building your confidence and leave you longing for more. In this exciting demonstration and hands-on class, participants will help prepare and eat *Paneer Tikka Masala*, *Swiss Chard Pakoras* and *Garlic Naan* and enjoy a cup of hot *Chai Tea* at the end of the evening. The health benefits of various spices are addressed, and recipes are available to take home.

Course # A61-17
Tuesday, October 17
High School Rm. 107-3

1 session
7:00-9:00pm
\$45

EASY HOLIDAY BAKING

John Scott Smith

The holidays are coming and nothing smells and tastes like the season more than homemade gingerbread! Together we will bake and sample *Gingerbread Pound Cake* topped with dollops of tangy *Lemon Curd*. While the curd is cooling, we will mix up a batch of *German Pfeffernüsse* cookies fragrant with molasses, ginger and just a hint of black pepper for a spicy treat. These delicious baked goods are the perfect size for serving or gifting to families and friends. Join us and enjoy lovely desserts (allergens are wheat, eggs, and dairy) and leave with the recipes and the know-how to bake holiday treats, all with ingredients you may already have in your pantry.

Course # A62-17
Thursday, November 30
High School Rm. 107-3

1 session
6:30-8:30pm
\$25

BEEKEEPING & BEESWAX SOAP WORKSHOP

Medway Community Farm

Join local beekeepers from the Norfolk Beekeepers Association for a morning of beekeeping basics. Learn why we need bees so much in today's ever-changing environment, what are beekeeping practices and procedures, and some simple steps you can take to help save the bees! Experience first-hand the bee hives on the farm, and witness a working demonstration hive on the farm's property. Also, enjoy a demonstration on how to use beeswax for soap making and much more!

Course # A63-17
Saturday, October 7
50 Winthrop Street

1 session
10:00am-12:00pm
\$20

MUSHROOMING & FALL FOLIAGE HIKE

Medway Community Farm

Come join the farm's education team for an afternoon of nature trail hiking and mushrooming on the farm. Put on your walking shoes to explore the trails throughout the farm. Bring a box or cloth bag to collect local mushrooms and a camera to explore the fall ecosystem of the farm.

Course # A64-17
Saturday, October 14
50 Winthrop Street

1 session
2:00-3:30pm
\$20

BASICS OF KNITTING – One Night Crash Course

Ida Matuskova

NEW

Knitting is a wonderful way to relax and a rewarding way to spend your time. Join us to learn the basics of knitting in just one evening! This workshop will teach you all you need to know to get started as you learn how to cast on, knit and purl stitches, bind off and more. If you have always wanted to learn but didn't think you had the time, now is your chance! All materials are included in the class fee. Please register quickly as the class size is limited.

Course # A65-17 1 session
Tuesday, October 3 6:30-9:00pm
Memorial School Library \$37

LEARN TO KNIT

Ida Matuskova

NEW

Have you always wanted to learn to knit? The popularity of knitting continues to rise, and participants in this program will learn basic stitches, how to increase and decrease, how to cast on and off, plus much more! In a few short weeks, you will have the ability to create a personalized piece of art, as well as reap the benefits of reduced stress and anxiety, improved muscle function, and a sense of pride in your work. All materials are included in the class fee. Please register quickly as the class size is limited.

Course # A66-17 6 sessions
Tuesdays, October 24-December 5 7:00-9:00pm
(No class October 31) \$90
Memorial School Library

WEAVE & WALK

Elizabeth Springett, Woven Seas Weaving Studio

Join us and learn to weave! All participants will be instructed on how to operate a loom dressed with cotton warps and, within four hours, leave with either a placemat, hand towel, or table runner. This class is perfect for everyone - parents, children, and friends. We are happy to offer two fall dates - please register quickly as space is limited. Bring a snack and drink to enjoy during the halftime stretch.

Program 1

Course # A67-17 1 session
Saturday, October 7 10:00am-2:00pm

Program 2

Course # A68-17 1 session
Saturday, November 11 10:00am-2:00pm

535 Main Street, Medfield - (rear of building) \$60/program

SEWING LESSONS

Jenny Ryerson

NEW

Do you want to learn how to sew or already know the basics and need assistance with a more advanced pattern? This course will take you from the basics of learning how to use your machine, right through to making a project of your choice. Please bring a sewing machine to each session; if you do not have one, indicate your need when registering.

Course # A69-17 6 sessions
Fridays, September 22-October 27 9:30-11:00am
Veterans Memorial Building, Rte. 109, Millis - Room 6 \$80

MOSAICS

Laura Conner

NEW

Join us for this two-night workshop as we create a beautiful mosaic on a picture frame. We will hammer old plates and use the pieces to design the frame during the first session, then grout the frames during the second session. You are welcome to bring plates from home for that "personal touch", but plates will be available at the class from which you may choose colors or patterns. You are sure to have a smashing good time!

Course # A70-17 2 sessions
Thursdays, November 2 & 9 7:00-9:00pm
Middle School Art Room 2301 \$40



WREATH 101 – DIY Natural Decor

Jeanne Raffa

Beautiful holiday wreaths are easy to create, and you will learn how it is possible to design a lovely wreath for your home or as a gift. We will use local and natural materials in our creations. Join us to "do it yourself", and leave with the knowledge of how to make wreaths from natural materials found around your own home. Proceeds benefit the Medway Community Farm.

Course # A71-17 1 session
Wednesday, November 29 7:00-9:00pm
Medway Senior Center \$30

PAINT & SIP

Laura Conner

Grab a couple of friends and join us at one of Medway's most popular restaurants for our exciting painting workshop! All participants are instructed from start to finish in the creation of a unique painting. A different painting will be featured each session. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included. Restaurant 45 is opening their menu for us to enjoy appetizers and/or dinner and drinks before or during class.

Program 1

Course # A72-17 1 session
Monday, October 23 7:00-9:00pm

Program 2

Course # A73-17 1 session
Monday, December 4 7:00-9:00pm

Restaurant 45, 45 Milford Street, Rte. 109 \$30/program

LADIES NIGHT OUT – Face & Body

Ann Fisher, Molly's Apothecary

Join Molly's Apothecary this fall for our popular Ladies Night Out that focuses on products for the face and body! As we know, it will be a long winter and our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. This class is always fun in groups, so bring a friend!

Course # A74-17 1 session
Thursday, October 19 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

LADIES NIGHT OUT – Pedicure

Ann Fisher, Molly's Apothecary

Join us at Molly's as we devote a Ladies Nights Out to the "sole" creation of pedicure products! Join us in making four great products designed to pamper the most neglected part of our bodies. We will make a soak, scrub, mask and cream designed exclusively for our feet. You will be dancing all the way home after this fun workshop!

Course # A75-17 1 session
Thursday, November 16 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

LADIES NIGHT OUT – Holiday

Ann Fisher, Molly's Apothecary

Join Molly's Apothecary this holiday season for a fun-filled evening creating holiday-themed bath and body products. We will be making several melt and pour soap making projects, lotion, a new twist on our famous sugar scrub and more! You will leave with lovely gifts for yourself or a friend.

Course # A76-17 1 session
Thursday, December 7 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$50

PARENT & CHILD NIGHT OUT – Holiday

Ann Fisher, Molly's Apothecary

Spend quality time with your child (7-years-old and up) at Molly's Apothecary as you make handmade holiday-themed body and bath products for yourself or for gifts! Each person will make four products, including lotion, soap, sugar scrubs and a bubble bath project, and will take home a goody bag of full-sized, customized beauty products!

Course # A8-17 1 session
Wednesday December 13 6:00-8:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$100/two;
\$45 additional child



GET ORGANIZED

Julie Poole

NEW

Are you feeling overwhelmed by clutter? Have you wasted precious time looking for misplaced items? Are your days so hectic that you have little or no time for yourself? If this sounds familiar, you are not alone. Studies show the average American spends approximately one hour a day looking for misplaced items! Come learn about the organizing process and organizing principles that may be applied to all areas of your home. You will learn how to analyze, strategize and attack the clutter and establish organized systems for those areas of your home that just are not working. Just think of all the things you could do with an extra hour a day!

Course # A77-17 1 session
Tuesday, November 7 7:00-9:00pm
High School Rm. 112-1 \$25



HEARTSAVER FIRST AID & CPR

Juanita Allen Kingsley, Century Health Systems

This credentialed course is designed for lay-persons who may need to respond to a first-aid emergency. We teach participants how to handle injuries and manage illness in the first few minutes until help arrives. Included are six modules: First Aid basics, medical, injury and environmental emergencies, and adult and pediatric CPR. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents. Certification is valid for two years.

Course # A78-17 1 session
Monday, October 16 6:00-9:00pm
Memorial School Library \$85



ADULT-BUSINESS & PHOTOGRAPHY

CAREER ASSISTANCE SERIES

Emily Minkle, Career Coach

NEW

Class 1: E-Resources to Enhance Job Seeking & Professional Development - Just as the Internet has enriched and expanded our lives, it has changed the game for job seekers, as well. Gone are the days of newspaper ads and Help Wanted signs. The savvy online user can go from search to acceptance letter on a handheld device today. This information-intensive class is designed to give an overview of many online resources designed to help job seekers explore new careers, network, find training resources, research potential employers, and build an effective profile. Cooperative class activities will enhance understanding, and a list of all featured websites will be distributed to participants.

Class 2: Resume Boot Camp - Did you know that roughly 90% of resumes submitted to corporations or government agencies never get read by a human? This course examines best practices of resume construction and outlines the most common mistakes. Participants are encouraged to bring their most recent resume and a printout of a job posting for practical classroom exercises. Be prepared to participate in class discussions and complete basic exercises designed to make your resume stand out among the top 10%. Instructor is available at the end of class for students who have specific questions or who want to delve deeper into the practical exercises

Class 3: Meet Your Next Employer - The interview can be one of the most intimidating and anxiety producing experiences adults face when job seeking. This class breaks down the process and gives an insider's view of what recruiters are looking for, what questions to expect, and the hidden meanings behind the most common ones most candidates encounter. A sense of humor and willingness to share experiences while giving respectful consideration of others who may share past experiences or concerns is a must for a collaborative, supportive class atmosphere. This is a very active, participation-based class, which includes crafting an introduction, or "Elevator Speech", and participating in a Mock Interview session.

Course # A79-17 1 session
Class 1: Thursday, October 12 6:30-9:00pm
Class 2: Thursday, October 26 6:30-9:00pm
Class 3: Thursday, November 9 6:30-9:00pm
High School Rm. 112-1 \$25/class or \$65/series

YOU CAN AFFORD COLLEGE IF...

Dick Man, College Funding Advisors

You can afford college if you plan in advance, understand the financial aid process, and act early enough to be successful. Financial Aid goes to the families who plan in advance - ideally before December of your child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. A free financial aid analysis will be available to all attendees. For more information, visit our website at www.collegefundingadvisors.com.

Course # A80-17 1 session
Wednesday, October 25 7:00-9:00pm
High School Rm. 112-1 \$25/person or \$35/couple

ENGLISH AS A SECOND LANGUAGE (ESL)

Kathy Hickey

NEW

Join us for this class to enhance your English Language Skills. Learn conversational English, as well as how to access your community services. You will receive help with greetings, reading and writing correspondence, finding a job and filling out applications. Learn practical and necessary use of English, both written and spoken on a daily basis.

Course # A81-17 8 sessions
Wednesdays, October 11-December 6 6:30-8:00pm
(No class November 22) \$37
Middle School Rm. 1101

ESTATE PLANNING BASICS

Amy Antonellis

Have you taken the necessary steps to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Amy Antonellis, owner of a local law practice focusing on estate planning. The seminar will explain the necessary components of an effective estate plan. Real life scenarios will also be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys, and health care proxies. You do not want to miss this informative and easy-to-understand seminar on a very important topic. Class size is limited to 30. All proceeds from registrations will benefit the Community Education scholarship fund to help families in need.

Course # A82-17 1 session
Wednesday, October 4 6:30-8:30pm
High School Rm. 112-1 \$10

HOME BUYER BOOT CAMP

Get Ready to Acquire the Home You Desire
Mickee Whitney & Jen Benoit,
Mortgage Consultants; Charles River Bank

NEW

This FREE educational boot camp will focus on real life scenarios that demystify the entire home buying process. AVP/Mortgage Officer Mickee Whitney (NMLS# 782138) and Mortgage Consultant Jen Benoit (NMLS#1185923) each have 12 years of experience in banking and lending at Charles River Bank. Joining them is a panel of local real estate experts - including a Realtor®, Real Estate Attorney, and Home Inspector - who will help you forge the way. You will leave with valuable information and tools to acquire the home you desire. Refreshments will be served starting at 6:00pm followed by Boot Camp presentations and a Question & Answer period. Attendees receive a \$100 credit towards mortgage closing costs and will be entered for door prizes, compliments of Charles River Bank.

To Register: Email info@charlesrivebank.com or call Catrina at 508-321-3115. Include names of all attendees, contact phone number and email. Space is limited, so register today!

Tuesday, September 26 6:00-8:30pm
Restaurant 45, 45 Milford Street, Rte. 109, Medway FREE

ASK MEDWAY CABLE

Bryan Quitadamo, Medway Cable Access

Medway Cable Access is offering this class for those who may have audio or video related questions, problems or are simply curious. Do you want to learn how to convert VHS tapes to DVDs? Do you want to learn how to edit videos or how to download and store home video footage from your digital video camera? Join MCA for professional advice and enjoy the state-of-the-art cable studio. Registration is required as space is limited.

Course # A83-17 1 session monthly
Tuesdays, September 5, October 3 or November 7 4:00-6:00pm
High School Cable Studio - Door 23 FREE

The following five photography workshops are largely funded by Medway Cable Access.

DIGITAL PHOTOGRAPHY QUICK START

Lisa Sheehan

Do you have a digital camera that you can't quite figure out? Too many buttons or menu items? Frustrated with blurry or dark pictures? Join us for this one night workshop that guides you through understanding the basics of how your camera works. We will cover topics such as focusing fundamentals, understanding the different automatic and semi-automatic shooting modes, optimizing digital capture on your memory cards, tips for brightening dark photos and more. Please bring your camera and camera manual to the session.

Course # A84-17 1 session
Wednesday, November 1 7:00-9:00pm
High School Rm. 016-3 \$25



FUNDAMENTALS OF PHOTOGRAPHY COMPOSITION

Lisa Sheehan

Photographers and artists talk about composition all the time. What exactly is composition and why is it important? Understanding the basics of composition will help you guide a viewer's eye toward the most important element(s) in your images and create really strong photos that you love. In this one night workshop, we will learn basic compositional rules of light and space, color, lines and shapes. We will explore photographic examples of composition use and share our own photographs as we train our photographic eye in using compositional rules in our own pictures.

Course # A85-17 1 session
Monday, November 6 7:00-9:00pm
High School Rm. 016-3 \$25

ORGANIZING & ARCHIVING YOUR DIGITAL PHOTOS

Lisa Sheehan

We develop our film into prints that are put in frames and albums or stored in photo boxes. Now we have incredibly large digital photo collections that are hidden away on our computers and at risk of being lost with one accidental deletion or hard disk failure. Memories gone forever! This program reviews concepts and techniques behind efficient photo management and backup. We will review topics such as removing pictures from your camera/card, creating an organized file system, dealing with your legacy collection, working with multiple hard drives, comparing different backup strategies, and more. Participants should bring their camera, digital memory cards and notepad and pen to the session. Class limited to 10 students.

Course # A86-17 1 session
Monday, November 13 7:00-9:00pm
Medway Cable Access Studio \$25
High School - Door 23

INTRODUCTION TO PHONE PHOTOGRAPHY

Lisa Sheehan

Your cell phone is a powerful image-making tool that is quick and convenient to use. However, do you often create pictures that are out of focus, blurry, too dark or too light? Join us for this two-hour workshop as we explore the basics of using your phone's camera to make amazing pictures. The instructor will share tips for great focus and light use, how to quickly edit and share pictures, the best photo apps for your phone, and how to save and store phone photos. Be sure to bring your cell phone to the workshop.

Course # A87-17 1 session
Monday, November 20 7:00-9:00pm
High School Rm. 016-3 \$25

EXPLORING PHOTOGRAPHY OF PEOPLE

Lisa Sheehan

Do you love taking pictures of family and friends? Are you interested in capturing genuine connection and expression? Learn professional techniques and tips for taking your own beautiful portraits of individuals and groups. Discover tips for placing subjects in their environment, best angles to use and which to avoid, using the existing light to illuminate your subjects, naturally positioning individuals and posing and organizing groups, and fun and creative ways to interact with both children and adults for the most genuine expressions. This introductory workshop is designed for the everyday hobbyist photographer who wants to take better portraits of the people in their life.

Course # A88-17 1 session
Monday, November 27 7:00-9:00pm
High School Rm. 016-3 \$25

ARE YOU FOLLOWING US ON SOCIAL MEDIA?

Be sure to follow
Medway Community Education
on Facebook and Twitter, @medwayce.org

SPECIAL DAY TRIPS

A DAY IN NEW YORK CITY Saturday, November 18



Join us for a memorable day in New York City! There are so many countless exciting and entertaining places to visit that it is impossible to see everything in one day – but let us help you get started! Visit www.nycgo.com or www.nycinsiderguide.com to help plan your day.

The luxury coach bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more – a map of the area is provided. For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm. Please note the bus driver's gratuity is now included in the fee.

Shows, Shopping, Sightseeing, Fine Dining, Museums and more!!!

Course # NYC-17
Saturday, November 18
\$65

1 session
6:30am departure from Medway Middle School, 45 Holliston Street
10:30pm approximate return to Medway Middle School

HOLIDAY TOUR **AT THE** **NEWPORT MANSIONS** Saturday, December 2



The glitter of gold and the sparkle of silver will dazzle all as we tour three magnificent mansions decked out in Yuletide finery. Music, tours, and spectacular decorations highlight the celebration of Christmas at the Newport Mansions. Join us for a day of glamour as we tour The Breakers, The Elms and Marble House - three National Historic Landmarks and icons of the Gilded Age in America.

These mansions are filled with thousands of poinsettias, fresh flowers, evergreens and wreaths. A total of 24 decorated Christmas trees reflecting individual room decor anchor many of the magnificent spaces. Dining tables set with period silver and china complete the elegant setting. The windows of each mansion are lit with individual white candles, in keeping with the colonial tradition. A working garden scale model of the Vanderbilt family's New York Central Railroad will be on display in the second floor loggia of The Breakers, traveling through a village made up of gingerbread replicas of some of the Newport Mansions, created by local pastry chefs.

In between tours, we will enjoy a lovely luncheon at La Forge Restaurant. The 1:00pm group luncheon menu offers a salad, your choice of entree as well as dessert. Please bring a small snack to enjoy between the first two morning tours. We will travel by bus to and from Newport, as well as in between the mansions and restaurant.

We invite you to create memories with your family and friends by joining us for a Holiday Tour at the Newport Mansions this season.

Course # NMT-17
Saturday, December 2
\$90

1 session
7:30am departure from Medway Middle School, 45 Holliston Street
6:00pm approximate return to Medway Middle School, 45 Holliston Street

PLEASE NOTE – All registrations must be received no later than Wednesday, November 22.



AN AMERICAN IN PARIS – Broadway’s Hit Musical is coming to Providence!

**Providence Performing Arts Center
Saturday, March 17, 2018**

Winner of four 2015 Tony Awards® and a 2016 Grammy Award®

AN AMERICAN IN PARIS is the Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned the most awards for a musical in the 2015-16 Broadway season! Do not miss this stunning Broadway hit when it arrives in Providence on its first national tour!

“An American in Paris is a triumph! Pure joy!” – New York Times

“Once you’ve seen it, you’ll find it hard to settle for less ever again.” – Wall Street Journal

The Medway Community Education Department is delighted to offer this wonderful opportunity to see a Tony Award®-winning musical. The bus departs at 10:45am from the Middle School parking lot, 45 Holliston Street. There is time to enjoy a lovely lunch before the show at one of the many fabulous restaurants within easy walking distance to the theatre. Tickets are limited and early registration is encouraged.

We obtained a generous discount on these sought after tickets. The fee includes ticket and transportation.

Course # AP-18	1 session
Saturday, March 17, 2018	10:45am departure from Medway Middle School
\$60	2:00pm show time
	6:00pm approximate return to Medway Middle School