

# ADULT-FITNESS

## ZUMBA®

Christine French

Zumba® is more than just exercise. 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.

Course # C34-17 8 sessions  
Saturdays, April 8-June 10 9:30-10:30am  
(No class April 15 & 22) \$70  
High School Aerobics Room - Enter Gym Doors

## 20/20/20 Rope Training & Cardio Circuit

Patrice Dwyer



Take your fitness to the next level! Join this innovative fitness class that now offers a fresh challenge for improved cardio performance featuring Rope Training and Cardio Circuit. Each session includes a complete fitness routine, including 20 minutes of cardio, 20 minutes of weight training, and 20 minutes of abdominal work. The cardio segment features step training on Mondays and kickboxing on Wednesdays. Both nights challenge different muscle groups giving each participant a complete and balanced workout. A relaxing cool-down and stretch are also included in both classes. Please bring a water bottle, hand held weights and yoga mat.

Course # C35-17 16 sessions  
Mondays & Wednesdays, April 3-June 5 6:30-7:30pm  
(No class April 17, 19 & May 29) \$75  
Burke School Gym

## 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 # C36-17 8 sessions  
Tuesdays, April 4-May 30 9:30-10:30am  
(No class April 18)

**Program 2**  
Course # C37-17 8 sessions  
Thursdays, April 6-June 1 9:30-10:30am  
(No class April 20)

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

## 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 # C38-17 8 sessions  
Tuesdays, April 4-May 30 7:00-8:00pm  
(No class April 18)

**Program 2**  
Course # C39-17 8 sessions  
Thursdays, April 6-June 1 7:00-8:00pm  
(No class April 20)

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

## 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 # C40-17 8 sessions  
Tuesdays, April 4-May 30 6:30-7:45pm  
(No class April 18) \$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 fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Course # C41-17 8 sessions  
Wednesdays, April 5-May 31 7:00-8:00pm  
(No class April 19) \$70  
High School Aerobics Room - Enter Gym Doors

## TAI CHI CHUAN YANG 24 FORM

John Dansereau

You will learn an ancient art of improving your mind, body and spirit. Tai Chi and Qi Gong exercises have been shown to improve balance, help reduce signs of aging, improve the heart, and reduce stress. It has also been shown to help with MS, Parkinson's, fibromyalgia, shingles, and arthritis. Tai Chi and Qi Gong can be done by almost everyone. Please wear comfortable clothing and flexible soled shoes and bring an open mind.

Course # C42-17 8 sessions  
Thursdays, April 6-June 1 6:30-7:30pm  
(No class April 20) \$70  
Medway Senior Center

## ADULT HIP HOP

Inspire Dance Academy Staff

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 nonrestrictive clothing and bring a pair of clean sneakers for the dance floor.

Course # C43-17  
Mondays, April 10-May 22  
(No class April 17)  
Inspire Dance Academy, 18 Water Street, Holliston

6 sessions  
7:00-8:00pm  
\$70



## ADULT TAP

Inspire Dance Academy Staff

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. Come ready to have a blast! 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.

Course # C44-17  
Wednesdays, April 5-May 17  
(No class April 19)  
Inspire Dance Academy, 18 Water Street, Holliston

6 sessions  
6:30-7:30pm  
\$70

## 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 # C45-17  
Thursdays, April 27-June 29  
Pond Street Recreation Complex, Rte. 115, Norfolk

10 sessions  
6:30-7:30pm  
\$75

## LADIES LIGHT HIKING

Nanci Cahalane, Certified Personal Trainer & MIAA Coach

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; make-ups after second cancellation. First meeting location will be at F. Gilbert State Forest, 45 Mill Street, Foxboro.

### Program 1

Course # C46-17  
Thursdays, May 4-June 8

6 sessions  
9:45-11:00am

### Program 2

Course # C47-17  
Saturdays, May 6-June 17  
(No class May 27)

6 sessions  
9:45-11:00am

F. Gilbert State Forest, Foxboro \$30/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 pay \$5 per Water Fitness class. Please register and pay for the number of classes you plan on attending; passes will be mailed to your home address. 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.

### 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

### Aqua Yoga

This is a gentle relaxed class designed to strengthen your body with stretches and positions, similar to land-based yoga but done in the warm water. Leave the pool with a relaxed state of mind.

Monday, Wednesday 11:15am

### Cardio Aqua

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

Monday, Wednesday, Friday, Saturday 8:00am; Tuesday 7:45pm

### Aqua Arthritis

YMCA Aquatic Arthritis Program provides soothing exercises in shallow water, specifically designed for people with arthritis.

Tuesday, Thursday 8:00am

### Aqua Zumba

This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.

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

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

NEW

**GOLF FOR MOMS**  
**Maplegate Country Club**

Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

Put the kids on the bus, drop them at daycare, grab a cup of coffee and head over to Maplegate to learn the game of golf with Medway's own PGA Professional. The program covers basic rules and etiquette, along with the fundamentals of the pre-shot routine, full swing, and short game. Participants will have the use of practice facilities, range balls, and equipment. Rain date June 12.

Course # C48-17  
 Mondays, May 1-June 5  
 (No class May 29)  
 160 Maple Street, Bellingham

5 sessions  
 10:00-11:00am  
 \$100



**AFTER WORK ADULT GROUP LESSON**  
**Maplegate Country Club**

Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

This program is for golfers of all ability levels and will consist of five 90-minute group lessons during which participants may choose to work on the practice area or on the course. The program covers basic rules and etiquette, the full swing, and short game, as well as the use of practice facilities, range balls, equipment, and all green fees. Rain date June 19.

Course # C49-17  
 Mondays, May 8-June 12  
 (No class May 29)  
 160 Maple Street, Bellingham

5 sessions  
 6:00-7:30pm  
 \$120



**MOTHER'S & FATHER'S DAY GOLF**  
**2 for 1 Group Lesson**

**Maplegate Country Club**  
 Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

This special program is designed for golfers of all ability levels, and children 15 years of age and older may join their parents to celebrate their special day. Mother/Child, Wife/Husband, Friend/Friend are all welcome! This program covers putting, chipping, and full swing technique using the latest V1 video analysis. The lesson will be held on the practice areas. The program includes use of practice facilities, range balls, and equipment.

**Program 1 - Mother's Day**  
 Course # C50-17  
 Saturday, May 13

1 session  
 9:00am-12:00pm

**Program 2 - Father's Day**  
 Course # C51-17  
 Saturday, June 17

1 session  
 9:00am-12:00pm

160 Maple Street, Bellingham

\$100/two participants

**ONE DAY GOLF SCHOOL**  
**Maplegate Country Club**

Greg Dowdell, PGA Professional  
 Kevin Weldon, USGTF Professional

This one-day program for serious golfers is open to all, but offers a "Ladies Only" option, as well. This comprehensive program examines the golf swing and covers set-up fundamentals, the full swing, chipping and putting using the latest V1 video analysis techniques. The day will be spent practicing skills in the morning and playing a 9-hole lesson in the afternoon. The program includes use of practice facilities, range balls, equipment, all green fees and lunch.

**Program 1 - Open**  
 Course # C52-17  
 Saturday, June 3

1 session  
 9:00am-3:00pm

**Program 2 - Ladies Only**  
 Course # C53-17  
 Saturday, June 24

1 session  
 9:00am-3:00pm

160 Maple Street, Bellingham

\$125/program

**Medway Community Education Gift Certificates**

Good towards any course or trip in this brochure.

Call or email the Community Education office to order.

508-533-3222 option 4

508-321-4725

[communityed@medwayschools.org](mailto:communityed@medwayschools.org)

# ADULT - HOME & LEISURE

## COOKING WITH SPRING VEGETABLES

Medway Community Farm Staff



Spring is an exciting time for New Englanders, as we begin to thaw from the long winter. This cooking class will allow you to work with some of the season's first harvest such as scallions, cilantro, spinach, radishes, turnips and a wide variety of leafy greens. Overwhelmed by greens? Learn all the best ways to use them, from pesto/sauces, to juices, to salads and more. The class is hands-on and uses local ingredients harvested the day of the class. Please bring an apron from home.

Course # C54-17 1 session  
Tuesday, May 2 7:00-8:30pm  
Medway Senior Center \$35

## INDIAN COOKING MADE EASY

Sandhya Jain

Our spring program features all new recipes! 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 leaving you longing for more. In this exciting demonstration and hands-on class, participants will help prepare and eat *Chana Masala*, *Saag Paneer*, *Stuffed Tandoori Mushrooms* and *Carmelized Onion Rice Pilaf*, and enjoy a special dish served at the end of the evening. The health benefits of various spices are addressed, and recipes are available to take home.

Course # C55-17 1 session  
Tuesday, April 11 7:00-9:00pm  
Medway Senior Center \$60

## BASIC CAKE DECORATING

Mary Robichaud



Get ready for spring celebrations with a beautifully decorated cake! Students will learn the basic skills of cake decorating, including filling a cake, frosting, leveling, edging and basic piping skills for decoration. The instructor will demonstrate on a real cake, to be served at the end of class, while students work on a Styrofoam cake dummy. Recipes will be shared. Let your creativity soar the next time you decorate a celebration cake for someone special. You will leave this class feeling confident in your newly-acquired skills.

Course # C56-17 1 session  
Wednesday, May 10 6:30-8:30pm  
High School Rm. 107-3 \$45

## SPRING BULBS & SPRING WINE

Mark Lenzi, CSW, CSS, CWAS, FWS, IWS  
Chris Depoto, Hillside Nurseries



Beautiful spring flowers and crisp, tasty wines – a perfect way to toast warmer weather! Join Hillside Nurseries to create your own spring bulb basket, then relax as you sip six spring wines and learn how these wines will best accompany a holiday meal, a Mother's Day gathering, and evenings with friends. Participants must be 21 years of age.

Course # C57-17 1 session  
Thursday, April 6 7:00-8:30pm  
Franklin Liquors, 333 East Central Street, Franklin \$50

## THE LANGUAGE OF WINE How to Read Wine Labels

Mark Lenzi, CSW, CSS, CWAS, FWS, IWS  
Kim Simone, Certified Wine Specialist & French Wine Scholar



Have you ever stood in the wine aisle staring at wine bottles wondering which wine to buy? Join us to learn how to decipher the information on a label to understand the major wine-producing regions and the types of grapes used to make the wine. You will then know whether the wine will be dry or sweet, light and fruity or full-bodied. Participants must be 21 years of age.

Course # C58-17 1 session  
Thursday, May 4 7:00-8:30pm  
Franklin Liquors, 333 East Central Street, Franklin \$25

## 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, table runner or shawl. This class is perfect for everyone - parents, children, and friends. We are happy to offer two spring dates - please register quickly as space is limited. Bring a snack and drink to enjoy during the halftime stretch.

### Program 1

Course #C59-17 1 session  
Saturday, April 29 10:00am-2:00pm

### Program 2

Course #C60-17 1 session  
Saturday, May 13 10:00am-2:00pm

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

### ARE YOU FOLLOWING US ON SOCIAL MEDIA?

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

## SMALL CONTAINER, BIG GARDEN

Jeanne Raffa

NEW

Here is the perfect opportunity to build something you can actually eat! In this fun new class, all participants will plant a beautiful, small container garden with their choice of organic herbs and salad greens. You will learn how to harvest your plants to encourage more growth, how to identify common problems and how to tell if a seedling is healthy. Participants leave with recipes and ideas for how to get the most out of their garden. Proceeds benefit the Medway Community Farm.

Course # C61-17 1 session  
Saturday, May 13 1:30-3:00pm  
Medway Senior Center \$35

## LADIES NIGHT OUT – Face & Body

Ann Fisher, Molly's Apothecary

Join Molly's Apothecary this spring for our popular Ladies Night Out that focuses on products for the face and body! As we know, it has been 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 # C62-17 1 session  
Thursday, April 6 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 # C63-17 1 session  
Thursday, May 4 6:30-9:00pm  
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

## FLY FISHING

Neil Denny

Spring is here so let's grab our gear and get ready to fish! This is a complete basic course in the fine art of fly fishing. Practical instruction prepares the participants to be independent in fishing on a stream or at the shore. Beginning fly-casting is included, as well as types of flies to use, where to fish, and the type of equipment to use. Basic fly-tying techniques are also taught in this course.

Course # C64-17 4 sessions  
Tuesdays, April 25-May 16 7:00-9:00pm  
Memorial School Library \$55

## PAINT & SIP

Laura Conner

Bring your 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. Enjoy *Restaurant 45's* delicious menu selections of food and drink before or during class.

### Program 1

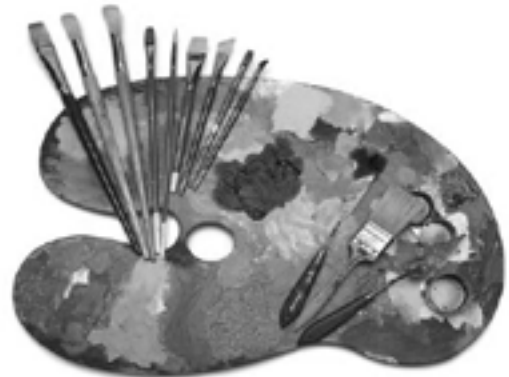
Course # C65-17 1 session  
Monday, May 22 7:00-9:00pm

### Program 2

Course # C66-17 1 session  
Monday, June 5 7:00-9:00pm

Restaurant 45, Rte. 109, Medway \$30/program

*Visit our website [www.medwayce.org](http://www.medwayce.org) for pictures of the upcoming paintings!*



# ADULT - TECHNOLOGY & BUSINESS

## DIGITAL PHOTOGRAPHY QUICK START

Lisa Sheehan

NEW

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 # C67-17  
Tuesday, April 25  
High School Rm. 016-3

1 session  
7:00-9:00pm  
\$25



## INTRODUCTION TO PHONE PHOTOGRAPHY

Lisa Sheehan

NEW

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 # C68-17  
Tuesday, May 9  
High School Rm. 016-3

1 session  
7:00-9:00pm  
\$25

## FUNDAMENTALS OF PHOTOGRAPHY COMPOSITION

Lisa Sheehan

NEW

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 # C69-17  
Tuesday, May 23  
High School Rm. 016-3

1 session  
7:00-9:00pm  
\$25

## INCREASING THE VISIBILITY OF YOUR BUSINESS OR ORGANIZATION Through Community Access TV

Amy Huff, Marketing Coordinator Medway Cable Access

NEW

Medway Business and Community Organizations, learn how to partner with Medway's local TV station (Channel 8/Comcast and Channel 36/Verizon) to raise awareness of your industry or organization using our free TV production and social media resources.

Course # C70-17  
Tuesday, May 16  
Medway Cable Access Studio  
High School - Door 23

1 session  
7:00-8:30pm  
\$20

## EDIT YOUR PHOTOS IN ADOBE LIGHTROOM

Lisa Sheehan

NEW

Adobe's Lightroom software is a powerful program for editing your photographs, as well as organizing and cataloging them. In this four-week workshop, you will learn how to quickly catalog your photos and edit them in a matter of minutes. Topics to be covered include setting up a catalog and organization structure, quick adjustments to exposure, improving white balance, the use of targeted adjustments to remove objects or imperfections, easy color adjustments, sharpening and noise reduction, the use of development presets, and creating your own slideshows, collages and books. Please bring a flash drive with 5 to 10 practice photos to the first class.

Course # C71-17  
Thursdays, May 4-25  
Medway Cable Access Studio  
High School - Door 23

4 sessions  
7:00-9:00pm  
\$60



## HEARTSAVER FIRST AID & CPR

Juanita Allen Kingsley, Century Health Systems

Does your job require certification in First Aid and CPR? This course meets the requirements of camp counselors, babysitters, and children's sports organizations. The Heartsaver First Aid course, taught under the guidelines of the American Heart Association, is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, and Pediatric CPR. Certification is good for two years.

Course # C72-17  
Tuesday, May 30  
Memorial School Library

1 session  
6:00-9:00pm  
\$85



## STAGE YOUR HOME TO SELL IN A SELLER'S MARKET

Joleen Rose

In the world of real estate Joleen Rose, CBR, Realtor, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of *Define by Redesign*, will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours, are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

### Program 1

Course # C73-17  
Wednesday, April 12

1 session  
6:00-7:00pm

### Program 2

Course # C74-17  
Wednesday, June 14

1 session  
6:00-7:00pm

Veterans Memorial Building, Rte. 109, Millis - Rm. 204  
\$10/program

## 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 # C75-17  
Wednesday, May 10  
High School Rm. 112-1

1 session  
6:30-8:30pm  
\$10

## COMMUNICATING WITH CONFIDENCE

Lau Lapides, lau lapides company

NEW

Is your first impression memorable? Do you need to polish your speaking skills for work? Do you hope to eliminate fears and anxieties associated with public speaking? In this dynamic, fast paced workshop, you will learn how your first impression, smile, voice, words, style, energy and eye contact, create the successful chemistry to command a presence. You will strengthen and polish your speaking style by utilizing tools and techniques to help engage an audience or polish a presentation. You will build self-confidence while learning how to organize and deliver interesting and relevant content to an audience. Articulation, local accents/dialects, and breathing techniques will also be addressed. Please bring a notebook and water. The *lau lapides company* offers a complimentary studio consultation and assessment.

Course # C76-17  
Thursday, May 11  
High School Rm. 111-1

1 session  
7:00-9:00pm  
\$60

## ACTING SKILLS FOR LIFE

Lau Lapides, lau lapides company

NEW

As a business professional, do you want to learn the trade secrets used by stage actors and broadcasting experts? This workshop is geared towards corporate presenters, sales professionals, and customer service personnel. We will discover the tools and techniques necessary to build confidence while strengthening physical and vocal presence whether presenting live, online, or by phone. We will also discuss how to engage and ignite your audience with storytelling techniques, how to build rapport while commanding a presence, how to think fast on your feet through improvisation and role-playing, and how to manage your physical and vocal message by incorporating breathing and speech techniques. Please bring a notebook and water. The *lau lapides company* offers a complimentary studio consultation and assessment.

Course # C77-17  
Thursday, May 25  
High School Rm. 111-1

1 session  
7:00-9:00pm  
\$60

## A DAY IN NEW YORK CITY Saturday, April 29



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](http://www.nycgo.com) or [www.nycinsiderguide.com](http://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, April 29  
\$60

1 session  
6:30am departure from Medway Middle School, 45 Holliston Street  
10:15pm approximate return to Medway Middle School, 45 Holliston Street

## RENDEZ-VOUS 2017 TALL SHIPS Sunday, June 18



The Tall Ships are returning in all their glory to Boston and the event promises to be spectacular. This event is expected to bring the largest fleet of the historical vessels to the city's waterfront since 2000. Boston is an official port of the Rendez-Vous 2017 Tall Ships Regatta. The 2017 show will feature 50 ships from more than 20 countries.

With many tourists pouring into Boston's waterfront area, the best way to see the Tall Ships is on a leisurely 90-minute expertly narrated cruise through Boston Harbor sponsored by Sail Boston. Our vessel is specifically designed for sightseeing and departs from Rowes Wharf (amidst many of the tall ships). We will get a close-up, unobstructed inspection of the world's greatest sailing ships, including Boston's resident tall ship the USS Constitution ("Old Ironsides") and the USS John F. Kennedy, the U.S. Navy's most spectacular aircraft carrier.

Prior to the cruise, we will dine at ***The Neighborhood Club of Quincy***.\* The group luncheon menu offers an entrée choice of *Baked Boston Scrod*, *Breast of Chicken* or *Roast Sirloin of Beef* and includes a salad, vegetable, potato or rice, dessert and beverage. Indicate entrée selection when registering. For guests 12 years of age and younger, the restaurant offers a *Chicken Finger Plate* with a salad, fries, dessert and beverage.

We will travel by deluxe motor coach to and from Rowes Wharf in Boston, as well as to the restaurant, ensuring everyone will thoroughly enjoy this special trip. All gratuities associated with the trip are included in the fee. **The deadline for registration is May 15.**

Please join us for this remarkable tour of the Tall Ships and create wonderful memories with your family and friends.

Course # SB-17  
Sunday, June 18  
\$110/adult & \$80/child 12 & younger

1 session  
10:00am departure from Medway Middle School, 45 Holliston Street  
4:45pm approximate return to Medway Middle School, 45 Holliston Street

\* Due to the closing of the original restaurant, Phillips Old Colony House, the tour company found it necessary to increase the price of the adult ticket by \$5.00. Adults who registered prior to March 1st are not subject to the price increase.



# REGISTRATION



## ONLINE REGISTRATION (preferred method)

1. Visit [www.familyid.com/medway-community-education](http://www.familyid.com/medway-community-education) and login or sign up.
2. Select a program, then select course(s).
3. Complete Registration Information and select the **Save and Continue** button.
4. Click the **Submit** button to pay electronically or by check. You will receive an email confirming registration. Payment is required to complete the registration.
5. Payment:
  - **Credit Card/Debit Card** – click the Unipay Gold link (<https://unipaygold.unibank.com>) in the email confirming registration.
  - UniPay Gold accepts American Express, Discover and MasterCard credit (fee applied), MasterCard debit and ACH.
  - **Check** – mail to Community Education, 16 Cassidy Lane, Medway, MA 02053; reference course in memo section of check for accurate processing. Medway Community Education office must receive the check within 5 days of registering. A registration without payment does not hold a spot in a class or program.
  - Once registration is paid electronically or by check, you will receive an email confirming payment.

## PAPER REGISTRATION

1. Make check payable to Medway Community Education.
2. Mail registration and check to 16 Cassidy Lane, Medway, MA 02053, or hand deliver registration and check to the Burke Memorial School Main Office, 16 Cassidy Lane – Monday-Friday – between the hours of 7:30am-3:30pm. The Community Education office is open for extended hours until 5:00pm.
3. Once registration is processed, you will receive a confirmation email.
4. All checks returned by the bank will incur a \$25 fee payable to the Town of Medway and collected by the Town Treasurer.

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### REGISTRATION FORM – Spring/Summer 2017

\* Please Print \* One Person Per Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Home #: \_\_\_\_\_ Mobile #: \_\_\_\_\_ Email: \_\_\_\_\_

*Child Participant Only* Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Allergies/Special Needs: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

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Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

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