



**MEDWAY
COMMUNITY
EDUCATION**

Winter 2018

SUMMER ADVENTURES CAMP at CHOATE PARK

Online Registration begins Thursday, February 1
5-day camp only; the 3-day camp option is no longer available

We are excited to offer a discounted early registration for our 2018 Summer Adventures Camp!

Do not miss out this year – all eight weeks filled in 2017

- To Register:
 - Visit www.medwayce.org
 - Select the link for **Online Registration: FamilyID**
 - Select **Summer Adventures Camp at Choate Park - Summer 2018**
- \$25 weekly discount - early registration runs February 1 - April 1
 - Registrations will be confirmed upon receipt of payment; **we will not hold spots without payment**
 - Payment option 1: online on UniPay Gold immediately when registering
 - Payment option 2: check must be received by our office within 5 days of registering
 - Discount cannot be applied to the early drop-off/late pick-up options
 - Reference Course # SA-18
- Detailed camp information will be available in the Spring Brochure
- Field Trips – offered weekly at no additional fee
- Details regarding employment opportunities for counselors ages 16 & up and Leader-in-Training internships for students ages 14-16 will also be included in the Spring Brochure.

DATES

- # 1 June 25-29
- # 2 July 2, 3, 5 & 6 (4 day week only)
- # 3 July 9-13
- # 4 July 16-20
- # 5 July 23-27
- # 6 July 30-August 3
- # 7 August 6-10
- # 8 August 13-17

AGES

- Children entering Kindergarten through Grade 6

TIME OPTIONS

- Full Day 9:00am-4:00pm
- Early Drop-Off 7:30am
- Late Pick-Up 5:00pm

FEEES

- Full Day \$175/week – discounted to \$150/week
week 2 – discounted to \$120
- Early Drop-Off \$60/week
- Late Pick-Up \$50/week
- Both Early & Late Options \$90/week

PRESCHOOL

TERRIFIC TWOS PROGRAM

Ages: 2 & 3

Melanie Dawson & Irene Nelson

Our 2017-2018 program is full. Please register for the 2018-2019 program as soon as possible.

Terrific Twos is a unique program developed for the younger preschool child. This program enhances socialization and hands-on learning of two and three-year-olds in a small group setting. Music, movement, stories, projects and free play are incorporated into a fun-filled morning.

Classes meet Tuesdays and Thursdays from September 18, 2018 through May 23, 2019, in the Community Education classroom located in the Burke wing of the Burke-Memorial School. Each regularly scheduled class runs from 9:00-11:30am. Children must be two years old by September 1, 2018. Snacks and drinks are provided. There is a maximum of 15 children with two teachers in this program.

Please register and pay a non-refundable \$125 deposit – \$100 will be applied to your May 2019 tuition. Monthly tuition is \$220/month and is due on the first of each month. For additional information on the program, contact Melanie Dawson at melaniemdawson@comcast.net.

Course # B1-18
September 18, 2018-May 23, 2019
Burke School Rm. 11
Legion Avenue Parking Lot - Door 13

Tuesdays & Thursdays
9:00-11:30am
\$220/month

MESSY MIXTURES

Ages: 2-4 with adult companion
Margie Monahan

This is an exciting art program for preschoolers and an adult companion. Join us for a wonderful experience in process art where your child will explore, create and learn by experimenting with many different mediums. Children will have the opportunity to craft at least three different projects each week. Old play clothes are recommended for those who attend.

Course # B2-18
Wednesdays, January 10-February 14
Burke School Rm. 11
Legion Avenue Parking Lot - Door 14

6 sessions
9:30-10:15am
\$50

PRESCHOOL BASKETBALL

Ages: 2.9-6
F.A.S.T. Athletics

Preschool-sized basketballs and hoops make for a ton of fun! In this program, all participants enjoy playing while learning the fundamentals of basketball. There are many team games, as well as parental participation, to encourage the children!

Course # B3-18
Tuesdays, February 27-March 27
Veterans Memorial Bldg., Rte. 109, Millis - Gym

5 sessions
1:00-1:45pm
\$70

PRESCHOOL MINI-SPORTS

Ages: 2.9-6
F.A.S.T. Athletics

This program is a combination of warm-up games and sports, such as soccer, kickball, wacky ball and t-ball. It will ease children into learning the basics of all of these great games, as well as teach them the importance of team work. New and exciting games are planned for each session.

Course # B4-18
Tuesdays, February 27-March 27
Veterans Memorial Bldg., Rte. 109, Millis - Gym

5 sessions
2:00-2:45pm
\$70

PRESCHOOL SWIM LESSONS

Ages: 6-36 months (w/adult companion) & 3-5 years
Franklin YMCA

For information on swim lessons, please refer to page 6 in the YOUTH section of our brochure. Many days and times are offered during the Winter and Spring 1 sessions.



YOUTH

PARENT & CHILD BAKING Scones - First Steps into Pastry

John Scott Smith



Spend quality time with your child tasting sweet treats and learning how to bake them at home! We will devote an evening learning how to cut butter into flour, tasting a variety of scones with toppings, then leave with recipes and the confidence to repeat them at home, together. Perfect scones are an excellent starting point as you begin baking with your child. This workshop is appropriate for children ages 8 and older. If you feel your younger child may be ready, please speak with the instructor in advance.

Course # B48-18 1 session
Thursday, January 18 6:30-8:00pm
High School Rm. 107-3 \$30/two;
\$10 additional child

KIDS COOKING

Ages: Grades 2-4 & 5-8
Sandhya Jain

In this series of cooking classes, children learn measuring math, mixing and basic food science. Throughout the four sessions, they practice and learn knife skills, including dicing and julienne, as well as safety rules of working in a kitchen. Each week they learn how to buy, prepare and use a fruit or vegetable in each recipe. This program provides a great opportunity for young minds to expand their palate by cooking a wide range of food. The menu includes *Cheese Ravioli with Lemon Sauce*, *Apple Pie Cups*, *Pizza*, and *S'mores French Toast*. All recipes are delicious and kid-friendly, and participants are encouraged to enjoy their generous snack-size portions during class. Recipes will be sent home with children.

Program 1 – Grades 2-4
Course # B6-18 4 sessions
Tuesdays, January 23-February 13 5:30-6:30pm

Program 2 – Grades 5-8
Course # B7-18 4 sessions
Tuesdays, January 23-February 13 6:45-7:45pm
High School Rm. 107-3 \$70/program

PARENT & CHILD NIGHT OUT

Ages: 7 & up
Ann Fisher, Molly's Apothecary

Spend quality time with your child at Molly's Apothecary as you make handmade 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 # B44-18 1 session
Wednesday February 28 6:00-8:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$100/two;
\$45 additional child

HOME ALONE SAFETY

Ages: 9-11
Juanita Allen Kingsley, Century Health Systems

In this class, children learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as about Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught, and a short movie and role playing are included in the program.

Course # B8-18 1 session
Monday, March 19 3:30-5:30pm
Memorial School Library \$48

EXTREME SCIENCE

Ages: 7 & up
Carl Geden, Northeast Educational Technologies

February Vacation

This is a must class for anyone fascinated with science who enjoys hands-on science experiments. Extreme Science is a class that explores the extreme conditions that exist in nature regarding temperature and electricity. Liquid Nitrogen is used in experiments to demonstrate the effects of cold temperatures on many objects. Students learn about expansion, contraction, and gas laws and create a cryogenic vacuum. Instantly made ice cream is also enjoyed by all! Students participate in experiments with simple circuits, static electricity, high voltage electricity, miniature lightning bolt and a plasma lamp. All students wear safety glasses and gloves during all experiments.

Course # B9-18 1 session
Tuesday, February 20 10:00am-12:00pm
Memorial School Rm. 124 \$30

SUPER SPORTS PROGRAM

Ages: Grades 1-4
F.A.S.T. Athletics

February Vacation

Join us for three days during your February vacation for tons of fun and fitness with friends and our favorite coaches from F.A.S.T. Athletics! Their popular Super Sports program will be enhanced with even more games and tournaments. All children will stretch, shoot hoops, play catch, run, and participate in exciting games of handball, pillo polo, soccer and dodge ball. Please bring a water bottle, snacks, drinks, and a lunch.

Course # B10-18 3 sessions
Tuesday-Thursday, February 20-22 9:00am-3:00pm
Memorial School Gym \$95

BEGINNER GUITAR

Ages: 6-9
Angela's School of Performing Arts

Would your child love to learn how to sing and play the guitar? Participants will begin to learn how to read notes, play chords, practice funny vocal exercises and sing songs. During each session, students will practice on a new half-size quality guitar. Come join the joy of music!

Course # B11-18 3 sessions
Wednesdays, January 24-February 7 4:15-5:15pm
280 Ridge Street, Millis \$75

YOUTH SWIM LESSONS

Ages: 6 months-12 years
Franklin YMCA

NEW

The Franklin YMCA has been teaching children how to be safe around water for decades. *Beginning January 2018, the YMCA is revising its swim lesson structure to simplify and more accurately describe skill levels.*

Name Changes: Lesson names are changing to stages that better reflect the skills learned and will no longer be identified by fish levels. Visit the YMCA's website for more information and a detailed guide on which stage is appropriate for your child. When choosing your child's next swim session, the name changes will be reflected on the website.

Curriculum Changes: The curriculum is changing to better serve the different learning styles of children. The structure is simplified and focuses on benchmark skills and goals in each stage. Children progress from fundamentals to stroke technique over six distinct stages.

Program Member Fee: When you register through Medway Community Education, registrants receive the Program Member Fee without having to pay an annual fee. To view all new class descriptions in each swim stage, please check the YMCA's website at www.hockymca.org. Once you have determined the stage, please register through our department – online or by mail. **Do not** register through the YMCA's portal.

Swim Waiver: All families must have a swim waiver on file with the YMCA. A one-time waiver is sent to all families upon receipt of your child's registration. Our department returns the waiver to the YMCA, and your child's swim lesson time is confirmed.

Swim Basics (ages 6-36 months)

Stage A: Water Discovery
Stage B: Water Exploration
Stage C: Water Independence

Winter

Course # B12-18 7 sessions
January 1-February 18 \$125
(Monday - 5 lessons \$100 due to holidays)

Swim Starters (ages 3-5 years & 6-12 years)

Stage 1: Water Acclimation
Stage 2: Water Movement
Stage 3: Water Stamina

Spring 1

Course # B13-18 7 sessions
February 26-April 15 \$125
(Friday & Sunday - 6 lessons \$107 due to holidays)

Swim Strokes (ages 3-5 years)

Stage 4: Swim Strokes

45 Forge Hill Road, Franklin

Swim Strokes (ages 6-12 years)

Stage 4: Swim Strokes
Stage 5: Stroke Development
Stage 6: Stroke Mechanics

* The American Academy of Pediatrics (AAP) strongly recommends all children learn how to swim. *

KARATE – Beginner & Advanced

Ages: 5-13
Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken Karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Course # B14-18 6 sessions
Fridays, January 26-March 9 4:00-4:50pm
(No class February 23) \$60
Burke School Gym

AMERICAN NINJA WARRIOR

Ages: 5-12
Shen's Gymnastics Academy

NEW

Made popular by the TV series, our Ninja class is the ultimate obstacle course! Children will gain agility, balance, coordination and strength as they tumble and maneuver through our courses. This class is perfect for highly-active boys and girls looking for a fun recreational activity where they learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses and every victory upon completion, boys and girls will discover that they are the ultimate American Ninja warrior!

Program 1

Course # B15-18 6 sessions
Saturdays, January 6-February 10 1:30-2:30pm

Program 2

Course # B16-18 7 sessions
Saturdays, February 17-March 31 1:30-2:30pm

16 Everett Street, Holliston \$150/6 sessions; \$175/7 sessions

MIDDLE & HIGH SCHOOL

FINANCE FOR TEENS

Ages: 13 & up
Debi Rossi, CFA Society Boston

In this fun, interactive workshop, teens are introduced to the world of finance with easy-to-understand and practical advice on what many may consider puzzling topics. Please join us to learn how to handle your day-to-day finances, read a pay stub, open a bank account with free ATM access, understand your credit score, plus much more! The financial decisions you make today could have a positive impact on your financial future! Proceeds from registrations will benefit the Community Education scholarship fund to help families in need.

Course # B17-18 1 session
Wednesday, January 31 7:00-8:30pm
High School Rm. 112-1 \$10

RED CROSS BABYSITTING COURSE

Ages: 11-14
Margie Monahan

This course will teach you the responsibilities and qualities of being a good babysitter. You learn to interview for a babysitting job, supervise children with safe and age-appropriate toys and games, handle an emergency or illness, perform first aid, carry out basic care routines, prepare simple meals and snacks, and handle bedtime issues. This is done with fun activities, exciting videos, lively discussions, and real-life problem-solving situations. We provide you with a first aid supply pack and a book with CD. Students receive a Red Cross Certification Card once they complete the course. Students should bring a snack and drink each day. Register early - class fills quickly and supplies must be ordered through the National Red Cross Organization. **Please pick up your child at the Kelley Street parking lot at 4:30pm.**

Course # B18-18 4 sessions
Tuesdays, February 6-March 6 2:00-4:30pm
(No class February 20) \$75
Middle School Rm. 1108

FIRST AID & CPR/AED

Ages: 13 & up
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 # B54-18 1 session
Monday, March 19 6:00-9:00pm
Memorial School Library \$85

PRIVATE MUSIC LESSONS

Ages: Grades 5-12
Amanda Webster
For more information, visit the **News & Notes** section of our website at www.medwayce.org.

NEW

CATALYST PREP SAT/ACT BOOT CAMP

Ages: Grade 11

NEW

This new program takes the “boring” out of studying for the SAT and ACT exams! Catalyst teachers take the actual SAT and ACT every time they are given to gain insider knowledge, then pass their expertise to students with patience, understanding, and a welcome sprinkling of humor and creativity. Catalyst’s boot camps arm students with go-to strategies for every question they will face on the day of the test. They can then march into the test site with confidence, momentum, and every key strategy fresh in mind. Students are asked to bring a lunch and drink from home.

Program 1 – ACT Boot Camp

Course # B19-18 2 sessions
Saturday & Sunday, April 7 & 8 9:00am-1:00pm

Program 2 – SAT Boot Camp

Course # B20-18 2 sessions
Saturday & Sunday, April 28 & 29 9:00am-1:00pm

High School Rm. 107-1 \$175/program

KAPLAN TEST PREP

Ages: Grades 11 & 12

Prep for the SAT with the best teachers and proven strategies for success! Kaplan programs include proven score-raising strategies, 6 scheduled three-hour sessions taught by expert teachers, 2 in-person, proctored practice tests with score analysis, the SAT Channel, which includes 30+ hours of interactive live online teaching (a Kaplan exclusive), 6 additional online practice tests with score analysis integrated into your course, and 40 hours of additional on-demand instruction. Sessions 1 and 6, practice test dates, may run until 9:30pm. These programs lead up to the March and May SATs. Register at least three weeks before your class starts to lock in the best price – **Promo Code: SCHOOL100.**

Program 1

Course # SAIKS18363 8 sessions
Tuesdays, January 2-March 6 6:00-9:00pm
(No class January 16 & February 20)

Program 2

Course # SAIKS18366 8 sessions
Tuesdays & Thursdays, March 29-May 3 6:00-9:00pm
(No class April 3, 17 & 19)

Location: Medway High School Rm. 107-1

Fee: \$799 – register at least 21 days before class start date

Fee: \$899 – register within 21 days of class start date

To Register: Call 1-800-KAP-TEST / 1-800-527-8378 or visit www.kaplantest.com/sat

IN CONTROL ADVANCED DRIVER TRAINING Crash Prevention Course

For more information, visit the **News & Notes** section of our website at www.medwayce.org.

KIDS COOKING

Ages: Grades 5-8
Sandhya Jain

In this series of cooking classes, children learn measuring math, mixing and basic food science. Throughout the four sessions, they practice and learn knife skills, including dicing and julienne, as well as safety rules of working in a kitchen. Each week they learn how to buy, prepare and use a fruit or vegetable in each recipe. This program provides a great opportunity for young minds to expand their palate by cooking a wide range of food. The menu includes *Cheese Ravioli with Lemon Sauce*, *Apple Pie Cups*, *Pizza*, and *S'mores French Toast*. All recipes are delicious and kid-friendly, and participants are encouraged to enjoy their generous snack-size portions during class. Recipes will be sent home with children.

Course # B7-18
Tuesdays, January 23-February 13
High School Rm. 107-3

4 sessions
6:45-7:45pm
\$70

SNOW TUBING TRIP

Ages: Grades 5-8
Nashoba Valley Snow Tube Park



Have a blast as you cruise the slopes for two hours at the largest tubing park in New England! The fee covers the snow tubing pass and transportation only – please send snack bar money with your child. Helmets are optional and must accompany participant. The bus leaves Millis promptly at 12:00pm and returns at approximately 4:00pm.

Course # B21-18
Friday, January 12
Veterans Memorial Building, Rte. 109, Millis

1 session
12:00-4:00pm
\$55

TEEN SWIM LESSONS

Ages: 13-18 years
Franklin YMCA
Please visit the Franklin YMCA's website at www.hockymca.org for information on teen swim lessons.

TEACHERS DRIVING ACADEMY – Driver's Education Program

Ages: 15 yrs. / 9 mos. & up
Medway High School Rm. 109-2



Classroom Session

- \$99.00 for 30 hours of classroom instruction – check payable to Medway Community Education
- Students must be at least 15 years, 9 months per Mass RMV rules at the time class begins.
- Please note some sessions exceed 30 hours due to a half hour lunch break built into the schedule.
- Students may not leave the building and are asked to bring snacks, drinks and lunch, if applicable, from home.
- Students must bring a notebook and pen.
- If a student misses a class, he/she must make-up the same missed class. Student may attend the make-up class at any TDA location and does not have to book online; just sign the in-class book for our records.
- Class cancellation - if Medway High School is closed or released early due to inclement weather, the driver education class will be cancelled for that day/evening. Your TDA instructor will notify you of a make-up class date.

Parent Class

- Required parent class at no charge.
- First class (Module #1) includes the 2-hour Parent Class. At least one parent/guardian must attend with student.
- If unable to attend Module #1, visit TDA's website for additional dates and locations.
- Parent attendance is not required if attended a Parent Class within the last five years.

Road Lessons

- Schedule your road lessons 24/7 at www.teachersdrivingacademy.com.
- TDA offers full-service home pick-up and drop-off for road lessons and teaches 7 days a week.
- TDA offers the convenience of taking your driver's license test on a Saturday.
- TDA cannot process paperwork until all requirements are fulfilled – 30 classroom hours, 2-hour parent class, 12 hours of road lessons and 6 hours of observation. All must be paid in full and completed 21 days before road test.
- **Do not schedule driving times during school hours.**

For road lesson questions, call 877-TDA-DRIVE or visit www.teachersdrivingacademy.com. For classroom instruction questions, call Medway Community Education at 508-533-3222 option 4 or email communityed@medwayschools.org.

February Vacation 2018

Wednesday, February 14*
Monday, February 19
Tuesday, February 20
Wednesday, February 21
Thursday, February 22
Friday, February 23

Course # TDA-3

6:00-8:00pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-12:15pm

April Vacation 2018

Wednesday, April 11*
Monday, April 16
Tuesday, April 17
Wednesday, April 18
Thursday, April 19
Friday, April 20

Course # TDA-4

6:00-8:00pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-2:30pm
8:00am-12:15pm

PLEASE NOTE: *Parent & Student Class on Wednesday, February 14, 6:00-8:00pm. Both parent and student attend. The class is part of the student's 30-hour program.

PLEASE NOTE: *Parent & Student Class on Wednesday, April 11, 6:00-8:00pm. Both parent and student attend. The class is part of the student's 30-hour program.

ADULT - FITNESS

PICKLEBALL

– the fastest-growing sport in America –
is coming to Medway this spring!



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 # B22-18 8 sessions
Saturdays, January 6-March 3 9:30-10:30am
(No class February 24) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA GOLD®

Lisa Kohne

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 # B23-18 8 sessions
Mondays, January 8-March 12 7:00-8:00pm
(No class January 15 & February 19) \$70
High School Aerobics Room - Enter Gym Doors

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. All participants must register before the first session.

Course # B24-18 8 sessions
Tuesdays, January 9-March 6 6:30-7:45pm
(No class February 20) \$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 # B25-18 8 sessions
Wednesdays, January 10-March 7 7:00-8:00pm
(No class February 21) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA TONING®

Christine French

NEW

Men and women, stay toned during the winter months with Zumba Toning while we wait for “Boot Camp with Kelly” to return in the spring! This class works a boot-camp-styled circuit training routine that combines cardio WITH strength training resulting in a higher calorie burn than strength training alone, offering a superb opportunity for cardiovascular exercise. And, because it’s Zumba, it’s FUN! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Throw in high energy, upbeat music and you have a great night to help beat the winter blues!

Course # B26-18 8 sessions
Thursdays, January 11-March 8 7:00-8:00pm
(No class February 22) \$70
Burke School Gym

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. Each night challenges 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 # B27-18 16 sessions
Mondays & Wednesdays, January 8-March 12 6:30-7:30pm
(No class January 15, February 19 & 21) \$85
Burke School Gym

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 # B28-18 8 sessions
Wednesdays, January 10-February 28 8:00-9:00pm
16 Everett Street, Holliston \$210

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 # B29-18 12 sessions
Sundays, January 7-April 8 8:00-10:00am
(No class January 14 & April 1) \$110
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 # B30-18 12 sessions
Sundays, January 7-March 25 7:00-9:00am
Middle School Anderson Gym \$90

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 # B31-18 20 sessions
Tuesdays, January 9-June 12 7:00-9:30pm
(No class February 20, April 17 & May 15) \$125
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 # B32-18 14 sessions
Wednesdays, January 3-April 11 7:00-9:00pm
(No class February 21) \$99
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 # B33-18 14 sessions
Mondays, January 8-April 30 7:00-9:30pm
(No class January 15, February 19 & April 16)

Program 2

Course # B34-18 14 sessions
Thursdays, January 11-April 26 7:00-9:30pm
(No class February 22 & April 19)

Middle School Old Gym

\$99/program or
\$170/two programs

LADIES SNOWSHOE/TREK

Nanci Cahalane

Join this invigorating six-week class for the physically fit hiker! Embrace this time of year hiking on serene trails during the winter months. Join other women and hike or snowshoe (your choice) in our wonderful local park areas. Hikes are cancelled only for very inclement weather. If conditions are icy, ice cleats on shoes are strongly recommended. They are available at *Bass Pro, L.L. Bean, and Walmart*. We meet at various local locations every week; a list will be distributed. First meeting location will be at *F. Gilbert State Forest, 45 Mill Street, Foxboro*.

Program 1

Course # B35-18 6 sessions
Thursdays, January 11-February 15 or 9:45-11:00am
Saturdays, January 13-February 17 9:45-11:00am

Program 2

Course # B36-18 6 sessions
Thursdays, March 1-April 5 or 9:45-11:00am
Saturdays, March 3-April 14 9:45-11:00am
(No hike March 31)

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 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 January 1, 15, February 19, March 30 and April 1.*

Course # BY-18 \$5/class
45 Forge Hill Road, Franklin

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; Wednesday 7:20pm

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

A form of moving meditation in which the mind and body are lead 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

ADULT SWIM LESSONS

Franklin YMCA
Please visit the Franklin YMCA's website at www.hockymca.org for information on adult swim lessons.

ADULT DANCE CLASSES

Inspire Dance Academy



Inspire Dance Academy provides high quality, affordable dance for all skill levels. Class sizes are small to ensure that each student receives the individual attention they need in order to develop proper skill and technique. Instructors are educated dance professionals with years of experience in the field. For more information, visit www.inspiredanceacademy.org. Classes run monthly through May.

Course # B37-18
18 Water Street, Holliston

4 sessions/month
\$50 monthly/program

Adult Hip Hop

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.

Mondays beginning January 8

7:00-8:00pm

Adult Tap

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.

Wednesdays beginning January 3

7:30-8:30pm

Adult Intermediate Tap

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.

Wednesdays beginning January 3

6:30-7:30pm

Adult Beginner Ballet

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.

Thursdays beginning January 4

7:15-8:15pm

ADULT - ENRICHMENT

WATERCOLOR BIRCH TREES

Christine Moyer

Do you love the cover of our winter brochure? Join us to explore the watercolor technique of masking as you create your own beautiful winter birch painting! Each participant will leave with one or two 9" x 12" watercolor white birch tree paintings ready to be framed. All supplies are included. Feel free to bring your own snacks and the desire to create.

Course # B38-18 1 session
Tuesday, January 16 6:30-8:30pm
Memorial School Art Studio Rm. 224 \$35

PAINT, SIP & SWEETS

Laura Conner

What is the best comfort food on a cold winter's night? Dessert, of course! Join us at the Muffin House Café for a night of painting, sipping and dessert. Grab some friends and join us for a creative and cozy evening. 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, and sweets and beverages are available for purchase.

Course # B39-18 1 session
Monday, January 29 7:00-9:00pm
Muffin House Cafe, 116 Main Street, Rte. 109, Medway \$30

MOSAICS

Laura Conner

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 # B40-18 2 sessions
Thursdays, February 8 & 15 7:00-9:00pm
Middle School Art Room 2301 \$40

MAKE & TAKE SIGN PARTY

Amy Nickerson, Life Expressions Décor



Everyone loves to spruce up their home and work space. This program offers unique home décor, hand crafted by you! Bring a friend and join the fun as you make a beautiful and personal wooden sign - choose your own paint color, paint your board, then apply your specially-chosen saying. Your chosen words may be inspiring, life changing and, most of all, encouraging. Participants are welcome to create a second sign that evening. T.C. Scoops will be serving beverages from their adult Libations Menu.

Course # B41-18 1 session
Tuesday, March 6 7:00-9:00pm
T. C. Scoops, 104 Main Street, Medway \$20/one sign
or \$38/two signs

LADIES NIGHT OUT – Face & Body

Ann Fisher, Molly's Apothecary

Join Molly's Apothecary this winter 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 # B42-18 1 session
Wednesday, January 17 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

LADIES NIGHT OUT – Valentine's Day

Ann Fisher, Molly's Apothecary

Pamper yourself for Valentine's Day by joining us at Molly's Apothecary for a fun-filled evening creating valentine-themed bath and body products. We will make several Melt and Pour Soap projects, lotion, a new twist on our famous sugar scrub and more! All participants will leave with lovely gifts for a friend or for their personal use.

Course # B43-18 1 session
Thursday, February 8 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

PARENT & CHILD NIGHT OUT

Ann Fisher, Molly's Apothecary

Spend quality time with your child (7-years-old and up) at Molly's Apothecary as you make handmade 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 # B44-18 1 session
Wednesday, February 28 6:00-8:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$100/two;
\$45 additional child

SEWING 101

Jenny Ryerson

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. The class will work on several small projects during the first few sessions, then each participant will work on a larger project for the remaining sessions, including the purchasing of materials, finding a pattern, cutting, sewing and finishing your piece. Please bring a sewing machine to each session; if you do not have one, indicate your need when registering.

Course # B45-18 7 sessions
Tuesdays, January 23-March 6 9:00-10:30am
or 7:30-9:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 6 \$90

BASICS OF KNITTING
One Night Crash Course
 Ida Matuskova



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 # B46-18 1 session
 Wednesday, January 24 6:30-9:00pm
 Memorial School Library \$37

LEARN TO KNIT
 Ida Matuskova

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. New and returning knitters welcome. Please register quickly as the class size is limited.

Course # B47-18 6 sessions
 Wednesdays, January 31-March 14 7:00-8:30pm
 (No class February 21) \$90
 Memorial School Library

PARENT & CHILD BAKING
Scones - First Steps into Pastry
 John Scott Smith



Spend quality time with your child tasting sweet treats and learning how to bake them at home! We will devote an evening learning how to cut butter into flour, tasting a variety of scones with toppings, then leave with recipes and the confidence to repeat them at home, together. Perfect scones are an excellent starting point as you begin baking with your child. This workshop is appropriate for children ages 8 and older. If you feel your younger child may be ready, please speak with the instructor in advance.

Course # B48-18 1 session
 Thursday, January 18 6:30-8:00pm
 High School Rm. 107-3 \$30/two;
 \$10 additional child

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

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 # B49-18 1 session
 Tuesday, February 27 7:00-9:00pm
 High School Rm. 107-3 \$45

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 # B50-18 1 session
 Tuesday, February 6 7:00-9:00pm
 4 Industrial Road, Milford \$15

WINE EDUCATION SERIES
 Franklin Liquors, The Tasting Room



Class 1: Wine Aromas – Apple. Leather. Grass. Bell Pepper. When you start paying attention to wine you hear aroma and flavor descriptions such as these being thrown around. What does it all mean? How can you tell what you are smelling? Join Mark and Kim as they lead you through a guided tasting using the Nez du Vin system to start training your nose to be sensitive to all the wonderful aromas that wine has to offer.

Class 2: Basics of French Wine – France is arguably the birthplace of modern wine, yet often intimidating to the American consumer. In this class you will taste six French wines, learn about the regions, and begin to understand how to appreciate their labeling system, styles and regions.

Class 3: History of American Wine – Wine has been produced and consumed for thousands of years, yet the wine traditions of the United States are relatively young. Explore with us a variety of wines from across our great country and learn about the industry's history, from the missions of California, to the vineyards of Thomas Jefferson, and into the modern era.

Course # B51-18 1 session
 Class 1: Thursday, January 11 7:00-8:30pm
 Class 2: Tuesday, February 20 7:00-8:30pm
 Class 3: Thursday, April 5 7:00-8:30pm

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

RESUME BOOT CAMP

Emily Minkle, Career Coach

NEW

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. Learn some of the tips necessary to get your resume noticed. 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 participants who have specific questions or who want to delve deeper into the practical exercises

Course # B52-18 1 session
Thursday, January 25 6:30-9:00pm
High School Rm. 112-1 \$25

BASICS OF INVESTING

Debi Rossi, CFA Society Boston

NEW

Are you financially puzzled? Would you like to become more financially responsible? Join us at this new workshop designed to demystify the daunting world of finance. Participants will learn how to understand and achieve investment goals, how to allocate investments across a diverse spectrum of investment vehicles, and what questions to ask when hiring a financial advisor. Come join us at this fun and interactive program and leave with a better understanding on the basics of investing. Proceeds from registrations will benefit the Community Education scholarship fund to help families in need.

Course # B53-18 1 session
Thursday, February 15 7:00-8:30pm
High School Rm. 112-1 \$10

FIRST AID & CPR/AED

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 # B54-18 1 session
Monday, March 19 6:00-9:00pm
Memorial School Library \$85

INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details
508-533-3222 option 4 508-321-4725
communityed@medwayschools.org

MEDWAY CABLE ACCESS

Medway Cable Access (MCA) is offering free classes at our studio for anyone interested in learning the equipment and to have some one-on-one training with one of our staff members. Learn how to use the equipment, studio, and our computer software so you can make your own shows! *Registration is required as space is limited.*

Course # B55-18 1-4 sessions
High School Cable Studio - Door 23 FREE

Orientation

This is the first step to making your own segment, event promo, or show with MCA. Instructor Amy Huff will introduce you to what the studio offers and give you the opportunity to sign up for any of our free classes.

Tuesday, February 6 6:00-7:00pm

Portable Camera Production

Learn to record quality video and audio with one of our many HD portable cameras with instructor Barry Schneier. Our cameras may be borrowed, free of charge, to record community events or informational programming. The footage then comes back to the studio and is aired on Medway Cable Access Channel 8 (Comcast)/Channel 36 (Verizon) and shared to our Facebook page and Twitter.

Thursday, March 1 6:00-7:30pm

Final Cut Editing

Continue your training with instructor Bryan Quitadamo as you learn how to edit digitally. Final Cut gives you the ability to import video and audio, as well as adding graphics and music.

Wednesday, March 7 6:00-7:30pm

Studio Production

Instructor Barry Schneier will teach you the basics of studio production including hands-on training with our studio cameras, audio board, switcher and character generator to create titles.

Thursday, March 8 6:00-7:30pm

STAGE YOUR HOME TO SELL

Joleen Rose

In the world of real estate Joleen Rose, CBR, LMC, 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.

Course # B56-18 1 session
Wednesday, January 31 6:00-7:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 204 \$10

COMMUNITY EVENTS

Medway Community Education is pleased to present the following events as a service to the community. Please contact each organization for more information.

MEDWAY LIONS CLUB - Christmas Tree Sale

The Lions Club is currently selling Christmas trees and wreaths at the Route 109 plaza. Stop by today!

MEDWAY LIONS CLUB - Father/Daughter Dance

Girls, ages three and older, are invited to bring their date - dad, uncle, grandfather, etc. - to this event. The dance is open to all in Medway and surrounding communities. Tim Rice will be taking photographs to commemorate the event. Games and light refreshments are included at this fun time for all! Please visit www.medwaylions.org for more information.

Sunday, March 11 1:00-4:00pm
Medway High School Cafeteria

MEDWAY LIONS CLUB - Annual Pancake Breakfast

Bring your family and friends and join the Lions for their annual "All You Can Eat" breakfast. The event will include photographs with the Easter Bunny taken by Tim Rice, a coloring contest for children, and raffle prizes! Please pay at the door: \$8 for adults, \$6 for senior citizens; \$6 for children 9 years and younger.

Sunday, March 25 8:00am-12:00pm
Medway High School Cafeteria

MEDWAY LIONS CLUB - Bottle & Can Drive

On a monthly basis, the Lions collect redeemable bottles and cans from the community. The proceeds from these drives are used exclusively for community efforts in Medway.

MEDWAY FOUNDATION FOR EDUCATION - MFE

Save the date for three great upcoming events! The MFE raises funds for innovative and educational projects throughout the Medway Public Schools. The MFE is looking for volunteers and corporate sponsors. For more information on upcoming events, please visit MFE's website at www.MFEducation.org or Facebook page. If you would like to speak to one of the volunteer MFE board members, please contact Sue Olson (sueo@fiveolsons.com), Kristin Connors (mjconnors_02053@yahoo.com) or Brian Gray (bgray_123@yahoo.com).

MFE #1 - Trivia Bee

MFE is proud to host this popular event with musical DJ and Trivia Master Bob Verdolino at the helm. Come join our students, parents and teachers and try to defeat our current champions, the High School Teachers team. All are welcome to compete with a team of friends.

Wednesday, February 28 7:00-9:00pm
Memorial School Cafeteria

MFE #2 - 2nd Annual Dodging 4 School

It is never too early to start planning your team for this great fundraising event! The tournament will run all afternoon into early evening based on age brackets. Look for the schedule to be announced in early January.

Saturday, March 24 11:30am
Middle School Anderson Gym

MFE #3 - Kentucky Derby

Save the date in your calendar for a new and fun fundraising event! Join us at the Thayer House in your favorite Derby attire and be prepared to bring out your thoroughbred Mustang spirit!

Saturday, May 5
Thayer House

MEDWAY ELEMENTARY PTO - MEPTO

MEPTO is made up of volunteers and all funding for PTO sponsored programs comes from fundraisers held throughout the year. For information about upcoming events or to volunteer, visit www.mepto.org.

MEDWAY SECONDARY PTO - MSPTO

MSPTO depends on membership fees to fund their programs, grants and scholarships for middle and high school students, parents and teachers. Meetings are the last Wednesday of each month. For more information, follow the Facebook page or email medwaysepto@gmail.com.

MEDWAY COMMUNITY FARM - 2018 CSA Shares

The 2018 CSA (Community Supported Agriculture) shares will be available for registration soon. The three season opportunities are an 8-week spring share, a 16-week summer share and a 5-pickup/10-week fall share. For more information, please visit www.medwaycommunityfarm.org. Locally farmed vegetables are available at the farm stand and farmer's market in season.

MEDWAY HISTORICAL SOCIETY

The Medway Historical Society was established in 1902. The Society welcomes donations, memberships and bequests to support its operations. The museum is open the third Sunday of each month from 1:00-3:00pm. You may also call 508-254-3995 for an appointment. Volunteers are always welcome and needed. To donate your old yearbooks or relevant Medway items, please call 508-533-7222 or email info@medwayhistoricalsociety.org.

MEDWAY PUBLIC LIBRARY - Community Activities

The library offers many ongoing activities, such as book clubs, story times, special events and crafts. Visit www.medwaylib.org for information, dates and times.

MEDWAY PUBLIC LIBRARY - Coding for Minecraft

Learn how to use code to summon lightning bolts with a bow and arrow or build giant rainbows in the Minecraft world! Spawn farm animals or monsters instantly and have fun "modding" your world! This workshop introduces coding concepts by showing students how to build or change (e.g. mod) the game using the Javascript or Python programming language. The set-up is easy for beginners, challenging for experienced gamers and fun for everyone! Please register in advance at www.medwaylib.org.
Ages: 8-12 Friday, December 30 10:30am-12:30pm

MEDWAY PUBLIC LIBRARY - Lunch & Activities Program

The library, coordinating with the Director of Wellness at Medway Public Schools, would like to once again nourish both bodies and minds one day during February vacation. Children of all ages and their caregivers are welcome. Activities include a story hour and healthy lunch, plus STEM and craft activities for older children. Please visit www.medwaylib.org for more information.

ARE YOU FOLLOWING US ON SOCIAL MEDIA?

Be sure to follow
Medway Community Education
on Facebook and Twitter, [@medwayce.org](https://www.facebook.com/medwayce.org)

SPECIAL DAY TRIPS



AN AMERICAN IN PARIS Saturday, March 17

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

Broadway's hit musical is coming to Providence! *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! Don't miss this stunning Broadway hit when it arrives at the Providence Performance Arts Center on its first national tour!

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 Medway 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
Saturday, March 17
\$60

1 session
10:45am departure from Medway Middle School
2:00pm show time
6:00pm approximate return to Medway Middle School



BOSTON FLOWER & GARDEN SHOW Sunday, March 18 *Luncheon at Venezia*

Celebrate spring at the 2018 Boston Flower & Garden Show! This year's theme is "Savor Spring" based on the popular food gardening trend. Feast your eyes on colorful life-sized gardens and intricate floral arrangements, then join in on informative lectures, demonstrations, and exciting special events. Learn about organics, small-space gardens, homesteading hobbies, ornamental edibles, and family-friendly outdoor dining and entertaining spaces.

Our trip includes a delicious luncheon at *Venezia*, one of Boston's finest Italian restaurants, which is located on the harbor with a beautiful skyline view of the city. The luncheon includes a salad, entrée, pasta and dessert.

The luxury coach bus departs from the Veterans Memorial Building in Millis at 8:30am – please arrive at 8:15am for check in. The fee includes admission to the Boston Flower & Garden Show, full course luncheon at *Venezia*, and transportation. The bus driver gratuity is additional.

Course # BFS-18
Sunday, March 18
\$100

1 session
8:15am departure from the VMB, Rte. 109, Millis
4:30pm return to the VMB, Rte. 109, Millis

**BOSTON SYMPHONY ORCHESTRA
FAMILY CONCERT
Saturday, April 14**

Boston Youth Symphony Orchestra performing *Step in Time*



The Boston Symphony Orchestra's (BSO) Family Concert Series provides engaging, age-appropriate, and educational orchestral concert experiences, especially for children ages 5-18 and their families. They are designed to build connections to the orchestra, orchestral music, the Boston Youth Symphony Orchestra (BYSO) and Symphony Hall.

Join us for this very special event to enjoy the Boston Youth Symphony Orchestra perform with conductor Marta Zurad and magician Matt Roberts. The fee includes ticket and transportation from the from the Medway Middle School parking lot, 45 Holliston Street. Please bring a bagged lunch and beverage for the bus ride into the city. Register early as space is limited!

Course # BSO-18
Saturday, April 14
\$35/adult
\$12/child (ages 5-18)

1 session
10:30am departure from Medway Middle School
12:00pm show time
2:30pm approximate return to Medway Middle School

**A DAY IN NEW YORK CITY
Saturday, April 28**



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 departs from the Medway Middle School parking lot, 45 Holliston Street, at 6:30am. The 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 included in the fee.

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

Course # NYC-18
Saturday, April 28
\$65

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

TEACHER BIOS

Juanita Allen Kingsley is Director of Community Health and Wellness for Century Health Systems, part of the Natick Visiting Nurse Association. Juanita became a licensed EMT in 2001 and trains more than 2,000 people in the Metro West region annually through her First Aid, CPR and AED classes, in addition to the variety of health and safety programs she teaches.

Nanci Cahalane is a certified AFAA Personal Trainer and Fitness Counselor with more than 18 years of personal training experience. She was an MIAA Certified Coach and has competed in numerous marathons during her 35 years of running and racing experience.

Laura Conner comes to Medway with a background in graphic design and art education. Laura has been teaching art for five years and is currently an art teacher at Medway Middle School. When she is not teaching, she can be found coaching track, running, painting with oils and creating mosaics.

Melanie Dawson received a BA in Early Childhood Education and Special Needs from Boston College and has a Master's Degree in Elementary Education from the University of Connecticut. Melanie, a former Kindergarten teacher, currently runs Preschool Programs through Medway Community Education.

Patrice Dwyer has over 20 years of experience working with health clubs, health and wellness centers, and corporations. She is passionate about helping others achieve their health and wellness goals.

F.A.S.T. Athletics offers top-notch athletic programs for children of all ages. F.A.S.T. firmly believes that Fitness, Agility, Skills, and Teamwork are four key elements of embracing a healthy lifestyle.

Ann Fisher, owner of Molly's Apothecary, has been making soaps, lotions and bath and body products for 15 years. Molly's Apothecary is at the Medway Mill.

Christine French is a certified Zumba instructor with specialties including Zumba Kids, Zumba Gold, Zumba Kids Jr, Zumba Toning and Zumba Gold-Toning. She teaches regular one hour classes at fitness centers and for local municipalities around the Medway area for individuals of all fitness levels and ages. She is CPR/AED certified.

Carl Geden is the owner of Northeast Educational Technologies where he designs and develops educational programs in Robotics, Software and Physics.

Julie Guido is an 8th degree black belt master and began teaching karate in 1982. She loves teaching each new student to help them become better martial artists.

Christine Howard is a 6th degree black belt master who enjoys the self-discipline and practice necessary to become a good martial artist and karate teacher.

Sandhya Jain has had a passion for cooking for more than 20 years. While she grew up learning the basics of the traditional Indian spices from her mother, cooking in America taught her how to recreate the same flavors with the ingredients available here. She is currently a continuing adult education cooking instructor and also conducts cooking workshops at Whole Foods.

Siri Krishna Khalsa is KRI certified and has been teaching yoga since 1976.

Lisa Kohne is a Certified AFAA Group Exercise Instructor with over 30 years of fitness and dance experience. She is CPR/AED certified.

Ida Matuskova has been knitting for 30 years and recently completed a certification from Craft Yarn Council. She has experience teaching knitting to small groups of adults and children.

Emily Minkle holds a B.A. in Education, a M.ED. in Curriculum Development and a M.A. in Counseling Psychology. She served in the U.S. Air Force and as a teacher for the Department of Defense for 22 years. She is currently a Federal Career Coach with the U.S. Department of Health and Human Services.

Amy Nickerson has worked in direct sales since 2004. She became a creator for *Life Expressions Décor* in August 2017 where she is able to fully express her creativity as she shares her quality product line with others.

Josette Puig is an AFAA and ACE Health and Fitness professional, mother of four and owner of *Get Josette Fitness and Nutrition* in Medway. She is also a motivational speaker and author of "Frumpy to Fabulous. One Change a Week to a Healthier You".

Debi Rossi is an investment professional and a member of CFA Society Boston, a non-profit society dedicated to putting investors first and raising ethical standards within the investment profession. CFA consolidates financial content and makes it widely available to the general investing public.

John Scott Smith has been working in lead generation and search advertisement for over eight years, and follows the mantra "always be testing". John is a certified judge for the Kansas City Barbeque Society, a local bread-baking instructor, and serves on the Medway Board of Library Trustees.

Amanda Webster has worked as the Medway High School Band Director since 2011 where she directs the Concert Band, Jazz Band, and Flute Ensemble. In addition, she teaches beginning acoustic guitar, advanced acoustic guitar, and piano. Ms. Webster is also a co-advisor of the Tri-M Music Honors Society. She holds a Master of Music degree in Instrumental Conducting from the American Band College of Sam Houston State University and a Bachelor of Music degree in Music Education from the University of Rhode Island.

INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details

508-533-3222 option 4 508-321-4725

communityed@medwayschools.org

REGISTRATION

ONLINE REGISTRATION & PAYMENT (preferred method)

1. Visit *www.medwayce.org*. Select the link for **Online Registration: FamilyID** 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.
5. Payment is required to complete the registration.
 - **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 Medway Community Education, 16 Cassidy Lane, Medway, MA 02053; reference course in memo section for accurate processing. Medway Community Education office must receive the check within 5 days of registering.
6. A registration without payment does not hold a spot in a class or program.
7. 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.

REGISTRATION FORM – Winter 2018

* 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: _____

Medway Community Education

16 Cassidy Lane, Medway, MA 02053

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COVER PHOTO:

Winter Birches
Watercolor
15" x 20"

Winter Birches is a watercolor painting that was created using the technique of masking. Join us in February to explore this technique and create your own beautiful winter birch painting. Course information for **Watercolor Birch Trees** is on page 12 of this brochure.

We welcome entries for all future seasonal brochure covers.
Selected entries receive a Community Education gift certificate.