

ADULT – FITNESS

Community Education is unable to offer the following indoor sports programs at this time. When the status changes, the public will be notified, and the brochure and FamilyID registration site will be updated. Thank you for your patience.

- PICKLEBALL
 - CO-ED INDOOR FUTSAL
 - WOMEN'S SUNDAY MORNING BASKETBALL
 - MEN'S SUNDAY MORNING BASKETBALL
 - MEN'S TUESDAY NIGHT BASKETBALL
 - CO-ED VOLLEYBALL
 - INTERMEDIATE CO-ED VOLLEYBALL
-

WOMEN, YOGA & HEALTH – Online

Siri Krishna Khalsa

This 6-week course is designed for women only. Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and mediation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and use a mat or towel for comfort.

Program 1

A29-20 **\$60**
 Tuesdays - 6 sessions *Via Zoom*
 September 8-October 13
 6:30-7:45pm

Program 2

A30-20 **\$60**
 Tuesdays - 6 sessions *Via Zoom*
 October 20-November 24
 6:30-7:45pm



STRENGTH & STRETCH – Online

Dale Fingar

We strongly encourage you to try this online program! Participants will tone and strengthen muscles, as well as increase their current flexibility level, with experienced instruction and modifications suitable for all fitness levels. No experience is necessary - just bring your energy to the Zoom screen! Please have a mat, water and a towel nearby and wear comfortable athletic attire.

A31-20 **\$75**
 Mondays - 8 sessions *Via Zoom*
 October 5-November 30 *No class October 12*
 6:30-7:30pm



CARDIO BOXING – Online

Dale Fingar

Are you looking for a way to blast away stress and calories? Learn to jab, cross and uppercut while you get an awesome total body workout. This energetic shadow boxing class will have you punching, kicking and shouting the stress and calories away! No experience is necessary. Just bring your energy to the Zoom screen! Please have a mat, water and a towel nearby and wear comfortable athletic attire. This program is appropriate for all fitness levels.

A32-20 **\$75**
 Wednesdays - 8 sessions *Via Zoom*
 October 7-December 9 *No class November 11*
 6:30-7:30pm & 25

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 Medway Community Education
 on Facebook, Twitter and Instagram
[@medwayce.org](https://www.instagram.com/medwayce.org)

ZUMBA® – Online

Christine French

Our three energetic Zumba classes are the perfect fitness programs to make you feel and look better from head to toe!

Zumba® 30/30 offers 30-minutes of traditional Zumba and 30-minutes of Zumba Toning. **Zumba Toning®** offers the full experience of a toning class with light weights. Both programs take traditional Zumba moves and add the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone. Adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. **Zumba®** is a cardio program that provides routines that feature interval training sessions with fast and slow rhythms and resistance training. All programs offer a superb opportunity for cardiovascular exercise, and, because it's Zumba, it's fun! Throw in high energy, upbeat music and you have a great workout that helps your body look and feel awesome! The routines are designed for all fitness levels, ages and both dancers and non-dancers.

Christine continues to offer her programs at no cost this fall!

Registration is not required.

Visit Christine's Facebook page "Zumba with Christine" for the link to each class. Classes will be held via Zoom.

Program 1 - ZUMBA® 30/30

Tuesdays

Ongoing

6:45-7:45pm

FREE

No class September 29,
October 6, November 24,
December 22 & 29

Program 2 - ZUMBA TONING®

Thursdays

Ongoing

6:45-7:45pm

FREE

No class October 1, 8,
November 26,
December 24 & 31

Program 3 - ZUMBA®

Saturdays

Ongoing

9:00-10:00am

FREE

No class September 26,
October 3, 10,
November 28,
December 26 & January 1

TENNIS LESSONS – In Person

Tom Ingraham

This tennis instruction is for beginners or can be a brush-up for more experienced tennis players. Lessons are given by Millis High School tennis coach and staff.

A33-20

Mondays - 4 sessions

September 21-October 12

6:00-7:30pm

\$40

Millis Town Park

Tennis Courts

900 Main St., Millis

LADIES ONLY GROUP GOLF LESSON – In Person

Greg Dowdell & Kevin Weldon

This program is targeted for adult women golfers of all ability levels and will consist of four 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 October 8.

A34-20

Thursdays - 4 sessions

September 10-October 1

6:00-7:30pm

\$100

Maplegate Country Club

160 Maple St., Bellingham



PARKOUR (Freerunning) – In Person

Wu Xing Kung Fu

Parkour is a great exercise for the mind and body - it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people! Parkour is taught in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. Beginners and experienced Freerunners welcome! Each monthly program begins on the first Tuesday or Friday of that month.

A35-20

Tuesdays - 4:30-5:15pm

Fridays - 6:00-6:45pm

\$120/month - 4 sessions

ADULT – ENRICHMENT

AUTUMN PUMPKIN PAINTING – Online

Judith Smith

Join Judith Smith for a relaxing evening at home during this virtual painting workshop and create a beautiful fall pumpkin painting. Paint with acrylic, pastels or watercolor for relaxation. All participants are instructed from start to finish with the use of visual aids. Best of all, you finish class with a custom piece of art to decorate your home. Participants will receive a flexible, inexpensive materials list. Come enjoy a night of painting.

A36-20

\$20

Tuesday - 1 session

Via Zoom

October 27

7:00-9:00pm



WREATH 101 – In Person

DIY Natural Decor

Carol Collord & Jeanne Raffa

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

A37-20

\$45

Tuesday - 1 session

Thayer House

December 1

2B Oak St., Medway

6:30-8:30pm

BACKYARD CHICKENS – In Person

Medway Community Farm

Now is the perfect time to begin raising backyard chickens! Chickens are called the gateway livestock because they are easy to raise and provide entertainment and fun for the entire family! This program will review the purchasing of chicks or grown chickens, how to care for your animals from pullet to layer, necessary feed and minerals, protection from predators, and chicken-keeping ordinances in Medway. Please wear appropriate footwear for walking around the farm.

A38-20

\$30

Saturday - 1 session

Medway Community Farm

September 26

50 Winthrop St.

9:30-11:30am

MAKE YOUR OWN FIRE CIDER – In Person

Medway Community Farm

What is Fire Cider? Join us on the Farm as we make an infused herbal vinegar that serves as a traditional cold remedy and health tonic! Participants will learn about the medicinal properties of the herbs and goods that go into fire cider then prepare a quart of remedy to take home. Fire Cider is used to make delicious salad dressing and is great to have in the refrigerator for cold and flu season. Please bring a cutting board, sharp knife, and a box grater, if available.

A39-20

\$35

Saturday - 1 session

Medway Community Farm

October 3

50 Winthrop St.

10:00am-12:00pm

TAPPING OUT CRAVINGS & STRESS – Online

Lori Lamont

In this fun and interactive class, you will learn how to use EFT (Emotional Freedom Techniques) to reduce food cravings and stress. EFT, otherwise known as Tapping, is a form of acupuncture that is sweeping the world as a widely recognized method to reduce stress, food cravings and help with addictions, phobias, traumas, limiting beliefs and much more. Participants are encouraged to think of their three triggering foods or beverages that they crave often. For best results, please have readily available an item that is sweet, an item that is salty and a third that is comforting. Many past participants are still reaping the benefits of EFT from just the single class, reporting that they have yet to want another Devil Dog or Oreo! This could be you! Participants are encouraged to have water, pen and notebook. Handouts will be provided.

A40-20

\$30

Monday - 1 session

Via Zoom

November 9

6:30-8:00pm

LEARN TO KNIT – Online

Beginner

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. A supply list will be sent to registrants. New and returning knitters welcome. Register quickly as the class size is limited.

A41-20 **\$75**
Mondays - 6 sessions *Via Zoom*
October 19-November 23
7:00-8:30pm

LEARN TO KNIT – Online

Advanced

Ida Matuskova

This class is perfect for knitters who want to fine tune their basic skills while learning more complicated patterns and styles, such as circular knitting, cables, stripes, knitting with double-pointed needles, how to read patterns and more. All registrants should be familiar with the basics of knitting. A supply list will be sent to registrants.

A42-20 **\$75**
Wednesdays - 6 sessions *Via Zoom*
October 14-November 18
7:00-8:30pm

Please note - Susan McCarthy's online organizing programs allow participants to actually work through small projects while in class. Participants receive how-to guidance along with the opportunity to ask relevant questions that come up during the process. Since everyone's project and their experience of the process is different, a minimal mess method is encouraged so no one is knee-deep in their "stuff".

DECONSTRUCT THE JUNK DRAWER – Online

Susan McCarthy

Learn the basics of decluttering and organizing by working in the microcosm "fondly" known as the junk drawer. While working through this drawer(s), participants learn the steps to tackling any decluttering project in their house, how to organize stuff, and, perhaps most important, how to prevent the clutter from coming back. For this class, participants set up a device in their work area and go through the process while we discuss it! If you have drawer organizers, great; if not, don't buy anything until you see what you need.

A43-20 **\$37**
Tuesday - 1 session *Via Zoom*
September 22
7:00-9:00pm

DECLUTTER & ORGANIZE YOUR CLOSET – Online

Susan McCarthy

Intimidated by the idea of pulling everything out of your closet? Have no fear, we'll use a minimal mess technique that allows you to declutter your closet without worrying about ending the night with your bed hidden by a pile of clothing you still need to sort through. Set up your device near your closet (you don't need to aim the camera into your closet) and be guided through the process of creating a closet that makes getting dressed take less time with less stress. We'll also discuss shopping techniques that will save you from buying clothing destined to clutter your closet. You don't need any special organizing products, but you do want boxes or bags that you can fill with clothing to donate or sell.

A45-20 **\$37**
Tuesday - 1 session *Via Zoom*
October 8
7:00-9:00pm

ORGANIZE YOUR PERSONAL LIBRARY – Online

Susan McCarthy

Are your shelves crammed with books stacked vertically and horizontally with absolutely no wiggle room? Do you have books you have never read or cannot find the book you would love to read? Whether you want to prune or purge your book collection – or just get an idea of what you own – you can use this hands-on class to start creating order. Set up your device near your bookshelves and receive instruction while you declutter and organize using a minimal mess method - the class will not end with your floor covered by a maze of books. Have some boxes on hand for donations and cleaning supplies available to wipe down shelves as you work.

A46-20 **\$37**
Thursday - 1 session *Via Zoom*
October 20
7:00-9:00pm

ORGANIZE A PRACTICAL PANTRY – Online

Susan McCarthy

Your pantry is more than just a place to store food; it's a space that can support your goals – from eating healthier, creating a snack station for kids, or stocking up on supplies without losing control of where everything is. A practical pantry doesn't have to be Pinterest-pretty with dry goods decanted into jars with artful labels. It's a space that allows you to see what you have available so that food doesn't go to waste. Set up your device near your pantry and go through the process while in class. We'll use a minimal mess method so if your project takes longer than two-hours, you won't be stuck with the contents of your pantry strewn over the floor. No need to buy organizing products before class. Let's go through your pantry first to see what, if anything, you may need. Have a box available for donations, a trash can nearby, and cleaning supplies on hand.

A44-20 **\$37**
Thursday - 1 session *Via Zoom*
November 12
7:00-9:00pm

PUMPKIN WHOOPIE PIES – Online

John Scott Smith

Nothing says Fall like Pumpkin, and nothing says Halloween like Pumpkin Whoopie Pies! Several seasons ago, home baker John Scott Smith whipped up a batch of Pumpkin Whoopie Pies for Halloween and announced it locally on Facebook. It was a huge success and has been a part of his baking ever since. Now years later, he hands out dozens of these to children and adults, alike, and this year he will be teaching his recipe and technique to all. Join us, remotely and socially distanced, for this virtual class on preparing the batter, measuring out your pies (technically “cookies”, but more like small, round cakes), blending your cream cheese filling, and putting it all together into a treat that will soon become a tradition in your house, too!

A47-20

\$25

Wednesday - 1 session

Via Zoom

October 21

6:30-7:45pm



CAKE POPS – Online

Parent & Child

John Scott Smith

Learn how to make professional-quality cake pops in your own home kitchen! In this seminar we will transform your baked cake into pop dough, rolling, sticking, dipping in chocolate or candy melts, and decorating your own pops suitable for any occasion. A supply list will be provided upon registration. Gather the family and let the fun begin!

Ages: 8 & up with adult companion

A48-20

\$25

Wednesday - 1 session

Via Zoom

November 4

6:30-7:45pm



HANDMADE PASTA – Online

John Scott Smith

Would you like to try your hand at making homemade pasta? Our class will help you make your very first pasta, or brush up on your technique, with no special equipment required. Pasta is easy and fun to make. In this online seminar, we will learn how to make a batch of pasta dough as we mix the ingredients and knead the dough. Then we roll the dough using a rolling pin and cut the noodles. A supply list will be provided upon registration. Mangia!

A49-20

\$25

Thursday - 1 session

Via Zoom

November 19

6:30-7:45pm



Medway Community Education Gift Certificates

Good towards any program in this brochure.

Call or email the Community Education office to order a gift certificate.

508-533-3222 option 4

communityed@medwayschools.org

ADULT – BUSINESS, HEALTH & TECHNOLOGY

PEDIATRIC FIRST AID & CPR – Online

American Safety & Health

Juanita Allen Kingsley

In this important program, we learn how to manage a child's illness and injuries in the first few minutes until professional help arrives. Course content includes CPR and use of the AED, first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Appropriate for coaches, teachers, early childhood educators, parents and babysitters. For certification, participants are requested to set up a separate skills check with the instructor to show competency in CPR and AED skills.

Ages: 13 & up

A50-20

\$85

Tuesday - 1 session

Via Zoom

October 27

6:00-9:00pm

YOU CAN AFFORD COLLEGE IF... – Online

Dick Man

College Funding Advisors show you how you can afford college if you plan in advance, understand the financial aid process, and act early enough to be successful. Financial Aid goes to the families who plan in advance - ideally before December of your child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. Remember - procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, visit the *College Funding Advisor* website at www.collegefundingadvisors.com

A51-20

\$20

Thursday - 1 session

Via Zoom

October 22

7:00-9:00pm

THE COLLEGE ADMISSIONS GAME – Online

Aaron Ladd

Looking to find the right school for your child or obtain merit money? We will show you how to choose a school that is the right fit for your child as we walk you through the admissions process. Learn about how merit money works and what you can do to better your position even if your child is not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete or is average. The 2018 year was a time of significant changes - standardized testing shifted, timing for financial aid accelerated and admissions became more competitive. Learn why starting the process early can offer significant advantages. *College Solutions* has over 50 years of experience in college placement and financial aid.

A52-20

\$20

Thursday - 1 session

Via Zoom

November 5

7:00-8:30pm



SELL YOUR HOME WORKSHOP – Online

Faina Shapiro

If you are thinking about selling your home in the near future, this class is a must! You will learn how to hire the right agent and what you need to know if you plan on selling without an agent. The class will also cover what's necessary to fix before listing and what isn't, what buyers want, pre-listing inspections, and what costs are associated with selling. The importance of staging and cleaning your home before listing will also be discussed.

A53-20 **\$25**
Wednesday - 1 session *Via Zoom*
October 7
7:00-9:00pm

RENOVATION PREPARATION – Online

Faina Shapiro

Not every home renovation is a good investment or a wise use of disposable income. The course instructor, Faina Shapiro, is a licensed real estate agent, property manager, Board of Assessors member and real estate investor. Faina will teach you which improvements are worth the money, which you may try tackling yourself, when you should call upon an expert, and how to keep costs in check. You will learn about the design and construction process for completing home renovations, how to hire a trustworthy contractor, and what financial programs are available to help finance your renovation. Trends to avoid, whether to leave or stay during a renovation project, and DIY home repair hacks will be provided.

A54-20 **\$25**
Tuesday - 1 session *Via Zoom*
October 13
7:00-9:00pm

REAL ESTATE INVESTING WORKSHOP – Online

Faina Shapiro

Real estate investing can be lucrative if you know what you are doing, but it can also set you up for failure if you do not. Many new investors don't know where or how to invest in real estate. This class will teach you how to find the property that can generate additional income and how to avoid tenant problems. We will also discuss Massachusetts laws that all landlords need to know to protect themselves. In addition, proven tips on being a thoughtful and respected landlord, as well as financing and property maintenance costs, will be reviewed.

A55-20 **\$25**
Tuesday - 1 session *Via Zoom*
November 17
7:00-9:00pm



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The *ed2go* network offers hundreds of engaging online courses covering every topic from Speed Spanish to Quickbooks. Each course comes equipped with a patient and caring instructor, lively discussions with your fellow students and plenty of practical information that you can put to immediate use. You can take any course from the comfort of your home or office at the times that are most convenient to you. Upon successful completion of the course, you will be able to download a certificate of completion.

To register, visit www.ed2go.com/medwayce
Browse the catalog or use one of the course codes below.

INTRODUCTION TO GUITAR

Learn to play any style of music on the guitar, and become the musician you've always wanted to be! This course provides basic guitar skills that you will build step-by-step with hands-on exercises, audio and video recordings, and detailed instructions.

Self-Paced
Course Code: **T9674** **\$115**
3 months access
No Instructor - Start Anytime

BLOGGING & PODCASTING FOR BEGINNERS

This course will teach you how to plan and create your very own blog and podcast. Through hands-on exercises, you will discover the benefits of using free web tools like Blogger, WordPress, Audacity, and YouTube. You will find that creating a blog and podcast is much easier than you ever imagined

Instructor-Led
Course Code: **5BP** **\$102**
6 weeks access - 24 course hours

UNDERSTANDING THE CLOUD

This course will teach you everything you need to know to understand cloud computing. This course explores how the cloud works, what drives it, why it is so popular and what it can do for you.

Instructor-Led
Course Code: **UTC** **\$102**
6 weeks access - 24 course hours
Start Date - July 15 or August 12

Self-Paced **\$115**
Course Code: **T9845**
3 months access
No Instructor - Start Anytime