A watercolor illustration of a forest path. The path is a light, sandy color, winding through a forest. On either side of the path are various trees and bushes. The trees have thin, vertical trunks in shades of purple, blue, and pink. The bushes in the foreground have large, rounded leaves in shades of blue, purple, and green. The background is a soft, light wash of colors, suggesting a bright, sunlit forest. The overall style is soft and artistic.

**SPRING 2019**  
Summer Programs Included

**MEDWAY  
COMMUNITY  
EDUCATION**

*L. L. Livia*

The Medway Community Education Department is a totally self-sustaining program, designed to serve the varied needs of all area residents. Our programs provide the opportunity for educational and creative development incorporating academic, career and enrichment courses for all ages.

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### REGISTRATION

- Details for online and paper registrations are located on page 19 of the brochure.
- Please register early as many classes fill quickly. Late registrations will be accepted if space allows.
- Participants in the Adult Programs must be at least 18 years of age or with an adult companion, unless noted.
- Out-of-towners are welcome at no additional fee.
- A discount of 15% is offered to all active military family members and senior citizens 65 years of age and older.
- Material fees and special trips cannot be discounted.
- Scholarships - Please contact our office as every possible effort will be made to assist those unable to participate due to financial hardships. All communications are confidential.
- All registrants are encouraged to update personal information in FamilyID as needed.

### CANCELLATION AND REFUND POLICY

- Our programs are self-supporting. We reserve the right to cancel a course if registration numbers are too low.
- Refunds are given only if a course is cancelled by Medway Community Education. Credit card service fees are not refundable. Checks are issued by the Town of Medway and may take three to four weeks to process.

### COURSE SCHEDULE

- Carefully check the schedule for each class.
- Classes will not be held on April 15-19 (April Vacation) and May 27 (Memorial Day), unless noted.

### CLASSROOM LOCATIONS

Burke-Memorial School.....16 Cassidy Lane  
 Middle School.....45 Holliston Street  
 High School.....88 Summer Street  
 Public Library.....26 High Street

### MEDWAY COMMUNITY EDUCATION DEPARTMENT

Office – Burke-Memorial School, 16 Cassidy Lane, Medway, MA 02053  
 Phone – 508-533-3222 option 4  
 Email – [communityed@medwayschools.org](mailto:communityed@medwayschools.org)  
 Website – [www.medwayce.org](http://www.medwayce.org)



Director – Margery Monahan  
 Assistant Director – Karen Niemczyk  
 Program Coordinators – Sean Bertoni, Eileen Kalukin  
 Superintendent of Schools – Armand Pires, Ph. D.  
 School Committee – Diane Borgatti, Susan Dietrich, Lauren Nassiff, Jeffrey Segarra, Cynthia Sullivan

# PRESCHOOL

## TERRIFIC TWOS PRESCHOOL PROGRAM

**Please Register Quickly - Limited Space Available**

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 17, 2019 through May 21, 2020, 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, 2019. 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 2020 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](mailto:melaniemdawson@comcast.net).

### **C1-19**

Ages: 2 & 3  
Tuesdays & Thursdays  
September 17-May 21  
9:00-11:30am

### **\$220/month**

Melanie Dawson & Irene Nelson  
Burke School Rm. 11  
Legion Ave. Parking Lot  
Door 13



### **MESSY MIXTURES**

*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.

**Ages: 2-4 with adult companion**

**C2-19**  
Wednesdays - 5 sessions  
April 10-May 15  
9:30-10:15am

**\$43**  
Burke School Rm. 11  
Legion Ave. Parking Lot  
Door 14

### **PRESCHOOL SCIENCE EXPLORERS**

☆NEW☆

*Jennifer Kendall*

Little ones are naturally curious creatures! In these sessions, we will learn about the solar system, how magnets work, how fossils are formed, and how plants grow in a fun, hands-on way! Each exploration will be introduced by a reading from a book.

**Ages: 3-5 with adult companion**

**C3-19**  
Mondays - 4 sessions  
May 6-June 3  
12:45-1:45pm

**\$40**  
Burke School Rm. 11  
Legion Avenue Parking Lot  
Door 13  
No class May 27

## CREATIVE BALLET

Inspire Dance Academy

In this fun and exciting class, dancers will march, gallop, roll, jump, twirl, wiggle and giggle while using our minds to go on exciting adventures. Basic ballet movement and positions are taught while also allowing each child the freedom to explore her own natural movement.

**Ages: 3.5-5**

**C4-19**

Mondays - 6 sessions  
March 18-April 29  
3:30-4:15pm

**\$70**

18 Water St., Holliston  
No class April 15

## GOLF FOR TODDLERS

Greg Dowdell & Kevin Weldon

Join this fun golf program designed specifically for toddlers! The program will consist of three one-hour sessions covering basic rules and swing fundamentals for toddlers. Plastic clubs and balls will be used, which may be taken home at the end of the program. Rain date June 3.

**Ages: 1-4**

**C5-19**

Mondays - 3 sessions  
May 6-20  
12:00-1:00pm

**\$85**

Maplegate Country Club  
160 Maple St., Bellingham



## MOMMY & ME GYMNASTICS

Shen's Gymnastics Academy

This program is a fun, instructor-led gymnastics class for toddlers and their mom, dad or caregiver. This class brings the adults on to the floor amidst the excitement. A low student/teacher ratio is kept for personal attention. We provide small preschool-sized equipment for the children, including rings, bars, ladders, and a slide. Children will also love using our zipline and trampoline. The instructor will set-up obstacle courses each week specifically designed to help with locomotion skills and eye/hand coordination. No classes held during April Vacation and on Memorial Day.

**Ages: 20 months-3 years with adult companion**

**C6-19**

Shen's Gymnastics Academy  
Mondays, May 6-June 17  
Thursdays, May 9-June 13  
Saturdays, May 11-June 15

**\$123/6 sessions**

16 Everett St., Holliston  
9:30-10:20am  
9:30-10:20am  
9:00-9:50am

## PRESCHOOL T-BALL

F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Please bring a glove to each session. Class held indoors in inclement weather.

**Ages: 2.9-5**

**C7-19**

Saturdays - 7 sessions  
May 4-June 22  
9:00-9:45am

**\$90**

Millis Town Park  
900 Main St., Millis  
No class May 25



## PRESCHOOL MINI-SPORTS

F.A.S.T. Athletics

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

**Ages: 2.9-5**

**C8-19**

Saturdays - 7 sessions  
May 4-June 22  
10:00-10:45am

**\$90**

Millis Town Park  
900 Main St., Millis  
No class May 25

## SWIM LESSONS

Franklin YMCA

The Franklin YMCA, 45 Forge Hill Rd., Franklin, has been teaching children how to be safe around water for decades. The American Academy of Pediatrics (AAP) strongly recommends all children learn how to swim.

**To Register:** Visit [www.medwayce.org](http://www.medwayce.org) and select the link YMCA Programs. Follow directions to select lesson stage, day and time. Complete the waiver, if applicable. Register through Medway Community Education – online at FamilyID or by mail – to receive the Program Member Fee without having to pay an annual YMCA fee.

**Ages: 6-36 months with adult companion & 3-12 years**

**C9-19**

Monday, April 22-Sunday, June 16  
Tuesdays-Sundays - 8 sessions  
Mondays - 7 sessions

**\$141**

**\$125**

# YOUTH

## SUMMER PROGRAMS FOR PRESCHOOL, YOUTH, MIDDLE AND HIGH SCHOOL STUDENTS

Check out our yellow insert in this brochure which offers many summer programs in drama, arts, fitness and STEM.



## YOUTH SCHOOL PROGRAMS FOR MEDWAY STUDENTS

Watch for our school flyers for before and after school programs for students in the McGovern, Memorial and Middle Schools.

The flyers will be available in early April for classes starting the week of April 22.

## APRIL VACATION PROGRAMS

### FARM EXPLORERS CLUB

*MCF Education Staff*

Is your child interested in gardens, nature, animals, mud, vernal pools and ecosystems? Join the fun on the farm as participants explore, craft and learn what our local community farm has to offer. Please send your child with a water bottle, morning snacks and boots.

**Ages: Grades K-4**

**C10-19**

Wednesday-Friday - 3 sessions

April 17-19

9:00am-12:00pm

**\$65**

Medway Community Farm  
50 Winthrop St.

★NEW★

**April Vacation**

### TRY GOLF

*Greg Dowdell, Kevin Weldon*

This program is a fun introduction to golf targeted at new golfers. You may choose to play one day or up to four days! The group lessons cover basic rules and swing fundamentals. Games include a best ball mini tournament played on the course and plenty of practice time. Program includes use of practice facilities, range balls, green fees and all equipment. Rain date April 19.

**Ages: 5-12**

**C11-19**

Monday-Thursday - 1 to 4 sessions

April 15-18

9:00-10:00am

**\$100/4 sessions**

**\$25/1 session**

Maplegate Country Club  
160 Maple St., Bellingham

**April Vacation**

### 4 DAY JR. GOLF ACADEMY

*Greg Dowdell, Kevin Weldon*

This program is targeted for serious junior golfers of all ability levels and will cover basic rules and etiquette, along with the fundamentals of the pre-shot routine, equipment selection, the full swing, and the short game. Time will be shared between the practice area and the course. Program includes use of practice facilities, range, balls, equipment, green fees and lunch daily. Please bring a water bottle and snacks. Rain date April 19.

**Ages: 9-17**

**C12-19**

Monday-Thursday - 4 sessions

April 15-18

11:00am-4:00pm

**\$350**

Maplegate Country Club  
160 Maple St., Bellingham

**April Vacation**

### SUPER SPORTS PROGRAM

*F.A.S.T. Athletics*

Join us for three days during your April vacation for tons of fun and fitness with friends. This 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.

**Ages: Grades 1-4**

**C13-19**

Tuesday-Thursday - 3 sessions

April 16-18

9:00am-3:00pm

**\$95**

Memorial School Gym

**April Vacation**

## SPRINGTIME CUPCAKES – Parent & Child ☆NEW☆

John Scott Smith

When you think of spring desserts, do you think of colored icing and flowers? Join this fun one-night class where both you and your child will first learn how to make colored icing then decorate cupcakes using different tips to create beautiful springtime flowers. Each family will leave with its own pastry box full of six cupcakes, icing, disposable piping bags and steel decorator tips. Family fun and fantastic treats await you in this program.

**Ages: 8 & up with adult companion**

**C42-19**

Thursday - 1 session  
May 2  
6:30-8:00pm

**\$60/parent & child**

Memorial School  
Teachers Room

## PARENT & CHILD NIGHT OUT

Ann Fisher

Spend quality time with your child at Molly's Apothecary as you make handmade body and bath products for yourselves 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!

**Ages: 7 & up with adult companion**

**C57-19**

Wednesday - 1 session  
May 8  
6:00-8:00pm

**\$100/two**

**\$45 additional child**

Molly's Apothecary  
Medway Mills-Suite 5  
163 Main St., Rte. 109

## HOME ALONE SAFETY

Juanita Allen Kingsley

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 Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught. A short movie and role playing are included in the program.

**Ages: 9-11**

**C14-19**

Monday - 1 session  
April 29  
3:45-5:45pm

**\$48**

Memorial School Library

## HORSEBACK RIDING LESSONS

Melissa Price

Have you always dreamed of learning to ride a horse? Do you need a brush-up course to get you back in the saddle again? Join us at Shadowfax Farm as you learn to groom and tack a horse, as well as basic riding skills, such as the proper way to get on a horse, sit correctly in the saddle, and how to control a horse. There is a maximum of 6 students in this class.

**Ages: 5 & up**

**C63-19**

**Program 1**

Mondays - 4 sessions  
April 22-May 13  
5:00pm-6:00pm

**\$150**

Shadowfax Farm  
112 Farm St., Millis

**Program 2**

Mondays - 4 sessions  
June 3-24  
5:00pm-6:00pm

**\$150**

Shadowfax Farm  
112 Farm St., Millis

## KARATE – Beginner & Advanced

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.

**Ages: 5-13**

**C15-19**

Fridays - 6 sessions  
April 26-June 7  
4:00-4:50pm

**\$60**

Burke School Gym  
No class May 17

## AMERICAN NINJA WARRIOR

Shen's Gymnastics Academy

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!

**Ages: 5-12**

**C16-19**

Saturdays - 6 sessions  
April 27-June 1  
1:30-2:30pm

**\$150**

16 Everett St., Holliston

## SWIM LESSONS

Franklin YMCA

The Franklin YMCA, 45 Forge Hill Rd., Franklin, has been teaching children how to be safe around water for decades. The American Academy of Pediatrics (AAP) strongly recommends all children learn how to swim.

**To Register:** Visit [www.medwayce.org](http://www.medwayce.org) and select the link YMCA Programs. Follow directions to select lesson stage, day and time. Complete the waiver, if applicable. *Register through Medway Community Education – online at FamilyID or by mail – to receive the Program Member Fee without having to pay an annual YMCA fee.*

**Ages: 6-36 months with adult companion & 3-12 years**

**C9-19**

Monday, April 22-Sunday, June 16

Tuesdays-Sundays - 8 sessions

Mondays - 7 sessions

**\$141**

**\$125**

## 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

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

# MIDDLE & HIGH SCHOOL

## CAR SMARTS Car Maintenance 101

Shawn Lannigan

Attention all drivers! Learn how to protect one of your biggest investments – your car – in this highly informative program. Participants will learn how to change the oil and filter, check all fluids, do tune-ups, change bulbs and fuses, maintain tire safety, and jump-start a car. What to do in an emergency situation and how to save money with car maintenance will also be addressed. Some participants' cars will be used for demonstration purposes and will receive free service.

**Ages: 16 & up**

**C48-19**

Tuesdays - 4 sessions

April 23-May 14

7:00-8:30pm

☆NEW☆

**\$40**

Shawn's Auto Repair

71A Main St., Medway

## RED CROSS BABYSITTING COURSE

Margie Monahan

This course teaches you the responsibilities and qualities of being a good babysitter. You learn how 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.**

**Ages: 11-14**

**C17-19**

Tuesdays - 4 sessions

April 23-May 14

2:00-4:30pm

**\$75**

Middle School Rm. 1108



**American  
Red Cross**

## AMERICAN SAFETY & HEALTH – First Aid & CPR

Juanita Allen Kingsley

Be prepared for your summer job! This credentialed course is designed for anyone who may need to respond to a first-aid emergency. Participants are taught 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. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents.

**Ages: 13 & up**

**C49-19**

Monday - 1 session

April 29

6:00-9:00pm

**\$85**

Memorial School Library

## KAPLAN TEST PREP

Kaplan Staff

Prep for the SAT with the best teachers and proven strategies for success! Kaplan programs include proven score-raising strategies, six scheduled three-hour sessions taught by expert teachers, two in-person, proctored practice tests with score analysis, the SAT Channel, which includes 30+ hours of interactive live online teaching (a Kaplan exclusive), six 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 May SATs. Register at least three weeks before your class starts to lock in the best price: *Promo Code: SAVEHS150.*

**Ages: Grades 11 & 12**

**SAIKS19315**

Tuesdays & Thursdays - 8 sessions

March 26-April 25

6:00-9:00pm

**\$749 discounted fee**

\$899 regular fee

Medway High School

Rm. 107-1

No class April 16 & 18

**To Register:** Call 1-800-KAP-TEST / 1-800-527-8378 or visit [www.kaplantest.com/sat](http://www.kaplantest.com/sat)

## 4 DAY JR. GOLF ACADEMY

Greg Dowdell, Kevin Weldon

This program is targeted for serious junior golfers of all ability levels and will cover basic rules and etiquette, along with the fundamentals of the pre-shot routine, equipment selection, the full swing, and the short game. Time will be shared between the practice area and the course. Program includes use of practice facilities, range, balls, equipment, green fees and lunch daily. Please bring a water bottle and snacks. Rain date April 19.

**Ages: 9-17**

**C12-19**

Monday-Thursday - 4 sessions

April 15-18

11:00am-4:00pm

**\$350**

Maplegate Country Club

160 Maple St., Bellingham

**April Vacation**

## PRIVATE MUSIC LESSONS

Private lessons offer students the opportunity to study their instruments with a professional specialist in a one-on-one setting. Currently, the program offers lessons for the traditional concert band instruments. When registering, please indicate instrument, and lesson length. The instructor will contact families directly to finalize lesson details. The program runs in partnership between the Medway Public Schools' Music Department, the Medway Friends of Performing Arts and the Medway Community Education Department. *If space allows, instructors will accept mid-semester registrations.*

**Ages: Grades 5-12**

**C18-19**

**Semester 2**

February 1-May 31

**\$24/30-minute lesson**

**\$36/45-minute lesson**

**\$48/60-minute lesson**

Middle School Band Room



# TEACHERS DRIVING ACADEMY – Driver’s Education Program



## To Register & Pay:

- Visit [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com)
- Select REGISTER FOR CLASSES and select MEDWAY
- Call 877-TDA-DRIVE with questions

## Classroom Session at Medway High School - Rm. 109-2

- \$119.00 fee - \$99 for 30 hours of classroom instruction and \$20 for the RMV certificate of completion.
- Students must be 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 must bring a notebook and pen.
- Students may not leave the building and are asked to bring snacks, drinks and lunch, if applicable, from home.
- If a student misses a module, he/she must make-up the same missed module. Student may register for a make-up class on the TDA website.

## 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.
- 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](http://www.teachersdrivingacademy.com).
- TDA offers full-service home pick-up and drop-off for road lessons and teaches 7 days a week.
- New system to book driving lessons has been implemented
- TDA offers the convenience of taking your driver’s license test on a Saturday.
- Do not schedule driving times during school hours.

### APRIL VACATION - #4

Wednesday, April 10*	6:00-8:00pm
Monday, April 15	8:00am-2:30pm
Tuesday, April 16	8:00am-2:30pm
Wednesday, April 17	8:00am-2:30pm
Thursday, April 18	8:00am-2:30pm
Friday, April 19	8:00am-12:15pm

**\* Parent & Student Class: Wednesday, April 10, 6:00-8:00pm. Both students and parents attend; counts as part of the student’s 30-hour program.**

### SUMMER VACATION 1 - #5

Thursday, June 13*	6:00-8:00pm
Monday, June 24	8:00am-2:30pm
Tuesday, June 25	8:00am-2:30pm
Wednesday, June 26	8:00am-2:30pm
Thursday, June 27	8:00am-2:30pm
Friday, June 28	8:00am-12:15pm

**\* Parent & Student Class: Thursday, June 13, 6:00-8:00pm. Both students and parents attend; counts as part of the student’s 30-hour program. \*\*(dates may change due to snow days)**

### SUMMER VACATION 2 - #6

Monday, August 12*	9:00am-3:30pm
Tuesday, August 13	9:00am-3:30pm
Wednesday, August 14	9:00am-3:30pm
Thursday, August 15	9:00am-3:30pm
Friday, August 16	9:00am-3:30pm

**\* Parent & Student Class: Monday, August 12, 9:00-11:00am will be Module #1. Both students and parents attend; counts as part of the student’s 30-hour program.**

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## IN CONTROL ADVANCED DRIVER TRAINING Crash Prevention Course

In Control is a non-profit organization that offers the nation’s first state certified crash prevention training to drivers of all ages. The program provides students with valuable hands-on experience in skid control, accident avoidance and other crucial driving skills that cannot be practiced on public roads. The course consists of a closed course hands-on crash prevention training, supplemented by classroom discussion. In Control is pleased to offer Medway families a \$60 subsidy/discount when registering for this course. To take advantage of this reduced price, reserve a course online or call us at 888-301-SAFE. Enter “MedwayHS” in the subsidy/discount code section of the payment screen or mention the code when registering by phone. Check out this and other discounts at [www.driveincontrol.org/medwayhs](http://www.driveincontrol.org/medwayhs).

# ADULT - FITNESS

## CARDIO BOXING

*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 necessary. Just bring your energy, water, a towel and wear comfortable athletic attire. This program is appropriate for all fitness levels.

**C19-19** **\$75**  
 Mondays - 8 sessions High School Aerobics Room  
 April 1-June 3 Enter Gym Doors  
 6:30-7:30pm No class April 15 & May 27

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

*Patrice Dwyer*

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

**C20-19** **\$85**  
 Mondays & Wednesdays Burke School Gym  
 16 sessions No class April 15, 17 &  
 April 1-June 3 May 27  
 6:30-7:30pm

## STRENGTH & STRETCH

★NEW★

*Dale Fingar*

This wonderful new program will tone and strengthen your muscles, as well as increase your current flexibility level, with experienced instruction and modifications suitable for all fitness levels. Resistance bands and mats are provided. No experience is necessary - just bring your energy, water, a towel and wear comfortable athletic attire.

**C21-19** **\$70**  
 Tuesdays - 8 sessions High School Aerobics Room  
 April 2-May 28 Enter Gym Doors  
 6:30-7:30pm No class April 16



## 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 mediation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class.

**C22-19** **\$78**  
 Tuesdays - 8 sessions Medway Public Library  
 April 2-May 28 Lower Level  
 6:30-7:45pm No class April 16

## EVENING BOOT CAMP

*Jon Marshall*

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**  
**C23-19** **\$80**  
 Tuesdays - 8 sessions Burke School Gym  
 April 2-May 28 No class April 16  
 7:00-8:00pm

**Program 2**  
**C24-19** **\$65**  
 Thursdays - 6 sessions Memorial School Cafeteria  
 April 4-May 16 No class April 18  
 7:00-8:00pm

## CARDIO DRUMMING

*Stacey Flaherty*

Join this exciting program to experience the fitness phenomenon gaining popularity across the country! Cardio Drumming combines traditional fast-paced aerobic movements with upbeat music as participants beat on a stability ball with drumsticks. The beauty of this program is that anyone can do it, regardless of age, fitness level or physical limitations. Get ready to feel the beat of the music, burn up to 400 calories and leave feeling physically, mentally, emotionally and socially balanced.

**C25-19** **\$70**  
 Wednesdays - 8 sessions Burke School Gym  
 April 3-May 29 No class April 17  
 6:30-7:30pm

## ZUMBA TONING®

*Christine French*

This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and 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 that helps get your body looking and feeling awesome!

**C26-19** **\$70**  
 Thursdays - 8 sessions Burke School Gym  
 April 4-May 30 No class April 18  
 6:30-7:30pm

## 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!

**C27-19** **\$70**  
 Saturdays - 8 sessions High School Aerobics Room  
 April 6-June 1 Enter Gym Doors  
 9:30-10:30am No class May 4

## PICKLEBALL

Steve Karra

This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a plastic ball on a court one third the size of a tennis court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Please bring a racquet to each session.

**C28-19**

Mondays - 8 sessions  
April 22-June 17  
7:00-9:00pm

**\$75**

Memorial Gym  
No class May 27



## YOUR FIRST 5K

Nanci Cahalane

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 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 program, catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week, and participants will be given specific instructions for running other days of the week on their own. Workouts will be followed with stretching and advice about running and nutrition.

**C29-19**

Thursdays - 10 sessions  
April 25-June 27  
6:30-7:30pm

**\$75**

Pond Street  
Recreation Complex  
Rte. 115, Norfolk

## LADIES LIGHT HIKING

Nanci Cahalane

Add dimension to your walking or jogging! Do you like the idea of hiking but do not 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**

**C30-19**

Thursdays - 6 sessions  
May 2-June 6  
9:45-11:00am

**\$30**

F. Gilbert State Forest  
Foxboro

**Program 2**

**C31-19**

Saturdays - 6 sessions  
May 4-June 15  
9:45-11:00am

**\$30**

F. Gilbert State Forest  
Foxboro  
No class May 25

## WATER FITNESS PROGRAMS – Franklin YMCA

YMCA Aquatics Staff

The Franklin YMCA, located at 45 Forge Hill Road, Franklin, 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.

**C32-19**

**\$5/class**

### Aqua Arthritis

**Tuesdays, Thursdays**

**8:00am**

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

### Aqua Circuit Training

**Tuesdays**

**7:30pm**

This class is designed to offer a variety of cardiovascular and muscular endurance exercises. You will get your blood pumping and body moving in this high energy class. All levels welcome.

### Aqua Stretch & Strength

**Mondays, Wednesdays**

**11:15am**

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. All levels welcome.

### Cardio Aqua

**Mondays, Wednesdays, Fridays, Saturdays**

**8:00am**

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

### Dance Cardio

**Tuesdays, Thursdays**

**12:10pm**

**Fridays**

**11:10am**

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

### Deep End Water Fitness

**Thursdays**

**9:30am**

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

### Hydro Fit

**Mondays**

**7:30pm**

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.



### GOLF FOR MOMS

*Greg Dowdell & Kevin Weldon*

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. 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 17.

**C33-19**

Mondays - 5 sessions  
May 6-June 10  
10:00-11:00am

**\$140**

Maplegate Country Club  
160 Maple St., Bellingham  
No class May 27

### AFTER WORK GOLF GROUP LESSON

*Greg Dowdell & Kevin Weldon*

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 17.

**C34-19**

Mondays - 5 sessions  
May 6-June 10  
6:00-7:30pm

**\$140**

Maplegate Country Club  
160 Maple St., Bellingham  
No class May 27

### LADIES ONLY AFTER WORK ADULT GROUP LESSON

*Greg Dowdell & Kevin Weldon*

This program is targeted for adult women 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 11.

**C35-19**

Tuesdays - 5 sessions  
May 7-June 4  
6:00-7:30pm

**\$140**

Maplegate Country Club  
160 Maple St., Bellingham

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

*Greg Dowdell & Kevin Weldon*

For adult golfers of all ability levels, this three-hour program is especially designed for family members: Parent/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**

**C36-19**

Saturday - 1 session  
May 11  
9:00am-12:00pm

**\$100 for two participants**

Maplegate Country Club  
160 Maple St., Bellingham

**Program 2 - Father's Day**

**C37-19**

Saturday - 1 session  
June 15  
9:00am-12:00pm

**\$100 for two participants**

Maplegate Country Club  
160 Maple St., Bellingham

### ONE DAY GOLF SCHOOL

*Greg Dowdell & Kevin Weldon*

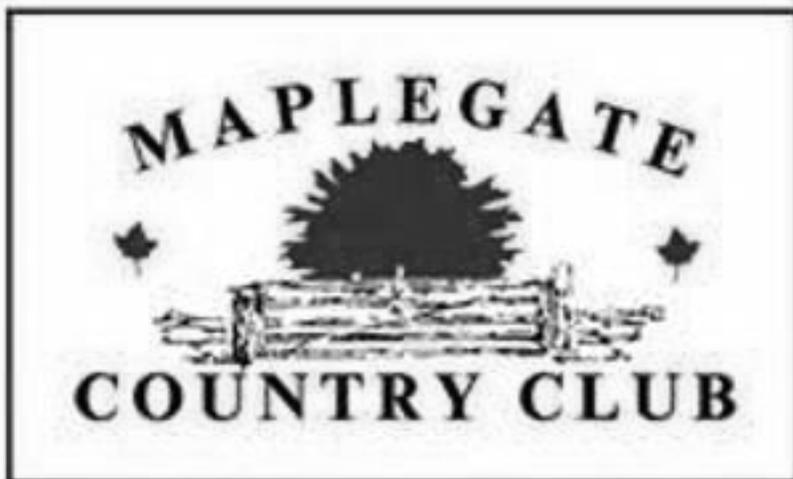
This comprehensive program examines the golf swing and covers set-up fundamentals, the full swing, chipping and putting using the latest V1 video analysis techniques. The day will be spent practicing skills in the morning and playing a 9-hole lesson in the afternoon. The program includes use of practice facilities, range balls, equipment, all green fees and lunch.

**C38-19**

Saturday - 1 session  
May 18  
9:00am-3:00pm

**\$150**

Maplegate Country Club  
160 Maple St., Bellingham



# ADULT - ENRICHMENT

## EASY & ELEGANT ENTERTAINING SERIES ☆NEW☆

*Mahasweta & Stefan Girgenrath*

Warmer weather signifies the gathering of family and friends - there is so much to celebrate in the spring! Join this wonderful new cooking series to learn how to prepare brunch, cocktail and outdoor parties with relatively little effort. Our skilled chefs will demonstrate that entertaining need not be stressful as they introduce skills that all home chefs will find useful. Get ready for hands-on cooking fun and a sampling of all delicious recipes at the end of each class. Recipes are shared with all participants.

**Class 1: Mother's Day Brunch** - The menu includes popovers, poached eggs in tomato sauce with chickpeas and feta (shakshuka), breakfast potato with herbs and spice paired with a spring vegetable, Bavarian crème with raspberry swirl, and Virgin peach bellinis.

**Class 2: Small Plates for Cocktail Parties** - The menu includes tips for assembling a charcuterie board, Spanish shrimps, cauliflower fritters, dates and cheese wrapped in bacon, and Asian meatballs.

**Class 3: Outdoor Parties** - The menu includes crostini with goat cheese and par-cooked strawberries, guacamole, mango-salsa, watermelon-feta-jalapeno salad, Asian lettuce wraps, tandoori shrimps and curried fried chicken with cilantro-mint chutney, as well as ideas for the grill or oven.

**C39-19** **\$65/class or \$170/series**

Wednesdays - 1, 2 or 3 sessions Memorial School

Class 1: May 1

Class 2: May 15

Class 3: May 29

7:00-9:00pm



## WINE EDUCATION SERIES

☆NEW☆

*Mark Lenzi & Kim Simone*

**Class 1: How to Speak Wine** - If fancy wine words make you tune out, then listen up! In this class, we will explain the most commonly used wine terms and what they actually mean. We will taste a selection of wines that illustrate the concepts discussed, and you will leave confident in your ability to communicate your wine preferences.

**Class 2: Tasting Terroir** - Terroir is how a particular region's climate, soil and terrain affect the taste of wine. Join us as we sample and compare wines made from the same grape variety from different regions to experience, first hand, the importance of terroir.

**Ages: 21 & up**

**C40-19** **\$25/class or \$45/series**

Tuesdays - 1 or 2 sessions

Class 1: April 2

Class 2: May 21

7:00-8:30pm

Tasting Room

Franklin Liquors

363 E. Central Ave., Franklin

## INTRODUCTION TO PASTRIES Homemade Eclairs & Cream Puffs

☆NEW☆

*John Scott Smith*

Would you love to bake and serve delicious pastries at your next spring gathering? Participants will prepare a basic éclair dough (pate a choux) and learn how to pipe éclairs and cream puff shapes which, after baking, are filled with a pudding of your choice. We will also cook a traditional pastry cream that can easily be prepared at home, as well as a quick, easy and versatile chocolate icing perfect as a topping for both pastries. All participants will leave with reusable piping tips.

**C41-19**

Thursday - 1 session

April 25

6:30-8:00pm

**\$30**

Memorial School

Teachers Room

## SPRINGTIME CUPCAKES - Parent & Child ☆NEW☆

*John Scott Smith*

When you think of spring desserts, do you think of colored icing and flowers? Join this fun one-night class where both you and your child will first learn how to make colored icing then decorate cupcakes using different tips to create beautiful springtime flowers. Each family will leave with its own pastry box full of six cupcakes, icing, disposable piping bags and steel decorator tips. Family fun and fantastic treats await you in this program.

**Ages: 8 & up with adult companion**

**C42-19**

Thursday - 1 session

May 2

6:30-8:00pm

**\$60/parent & child**

Memorial School

Teachers Room

## FLORAL CUPCAKE DESIGNS

☆NEW☆

*John Scott Smith*

When we think of springtime, we think of parties and family gatherings. Delight your guests with your own beautifully decorated floral cupcakes! Join this class to learn how to frost cupcakes and pipe flowers for professional-looking results. Participants will be taught a delicious and versatile cupcake recipe that is easily adaptable to personal preferences, the reverse-creaming method, how to fill and decorate with American Buttercream, and how to match fillings with cake flavors. Six cupcakes, recipes, icing, disposable piping bags and steel decorator tips are provided to all registrants. Join the fun! Limited space available.

**C43-19**

Tuesday - 1 session

May 14

6:30-8:00pm

**\$45**

Memorial School

Teachers Room

## BREWERY TOUR & TASTING

*CraftRoots Brewing*

Gather your friends and celebrate spring as you spend an evening together at CraftRoots Brewing. Guests will enjoy a 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.

**Ages: 21 & up**

**C44-19**

Wednesday - 1 session

April 10

7:00-9:00pm

**\$15**

4 Industrial Rd., Milford

## SPRING BLOOM WREATHS

☆NEW☆

*Alison Dempsey*

Join us at the farm to create a one-of-a-kind spring wreath! Celebrate warmer weather by decorating your home with your unique and fresh handcrafted Basswood Tree Wreath adorned with a variety of eye-catching accessories.

**C45-19**  
Saturday - 1 session  
April 6  
2:00-3:30pm

**\$30**  
Medway Community Farm  
50 Winthrop St.



## SPRING INTO YOUR GARDENS

☆NEW☆

*Alison Dempsey*

Are you itching to get your hands into your soil and prep your gardens for optimum success? We want to help! Join us in the farm's education gardens to learn insider tricks and techniques for a successful season. We will provide you with starter seeds, a take-home compost container and more! Let's grow more goodness in our community together.

**C46-19**  
Saturday - 1 session  
April 20  
2:00-4:00pm

**\$20**  
Medway Community Farm  
50 Winthrop St.

## BACKYARD CHICKEN BASICS

☆NEW☆

*Alison Dempsey*

Have you ever wondered what it is like to raise your own egg-laying hens? Come visit us at the farm for a fun and interesting afternoon to learn about raising chickens. We will discuss pecking order, hen houses, diet and what hens need to be safe, healthy and super egg producers! Our farm's chicken flock will be happy to show you its humorous ways! Participants will receive a Backyard Chicken resource guide and a "get started with chickens" goody bag.

**C47-19**  
Saturday - 1 session  
May 4  
1:30-3:00pm

**\$20**  
Medway Community Farm  
50 Winthrop St.

## CAR SMARTS Car Maintenance 101

☆NEW☆

*Shawn Lannigan*

Attention all drivers! Learn how to protect one of your biggest investments – your car – in this highly informative program. Participants will learn how to change the oil and filter, check all fluids, do tune-ups, change bulbs and fuses, maintain tire safety, and jump-start a car. What to do in an emergency situation and how to save money with car maintenance will also be addressed. Some participants' cars will be used for demonstration purposes and will receive free service.

**Ages: 16 & up**  
**C48-19**  
Tuesdays - 4 sessions  
April 23-May 14  
7:00-8:30pm

**\$40**  
Shawn's Auto Repair  
71A Main St., Medway

## AMERICAN SAFETY & HEALTH – First Aid & CPR

*Juanita Allen Kingsley*

Be prepared for your summer job! This credentialed course is designed for anyone who may need to respond to a first-aid emergency. Participants are taught 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. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents.

**Ages: 13 & up**  
**C49-19**  
Monday - 1 session  
April 29  
6:00-9:00pm

**\$85**  
Memorial School Library

## STOP THE BLEED

☆NEW☆

*David Piantedosi*

Trauma is an epidemic in the United States. Death due to bleeding from traumatic injuries can occur in minutes. The public, as immediate responders to traumatic injuries, should know how to stop bleeding. In this class, you will learn effective bleeding control techniques for various wounds using special bandages and tourniquets.

**C50-19**  
Tuesday - 1 session  
April 23  
7:00-9:00pm

**\$40**  
High School Rm. 119-2

## RENOVATION HACKS Organization Tips & Tricks

☆NEW☆

*Faina Shapiro*

It's time to tackle spring cleaning and home renovations! Professional home organizer, income property manager/investor, and home stager will teach you how to transform and organize each space in your home and how to save money when tackling a home renovation. Participants will learn the methods, tools, tricks, and checklists for decluttering, as well as the essential cleaning products to help you save time and sustain the value of your home. Tips to repair items around your home and when to call the experts are also discussed. You may bring pictures of specific areas in your home to discuss at the end of the class.

**C51-19**  
Thursday - 1 session  
May 23  
7:00-9:00pm

**\$25**  
High School Rm. 119-2

## MAKE & TAKE SIGN PARTY

Amy Nickerson

Are you looking for that perfect hand-crafted gift for Mother's Day, a graduate or a special occasion? Life Expressions Décor offers unique home signs, 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 its adult Libations Menu.

**C52-19**

Tuesday - 1 session

April 30

7:00-9:00pm

**\$25/one or \$48/two signs**

T. C. Scoops

104 Main St., Medway

## PAINT & SIP

### Hand Painted Glassware

Heather Bertoni

Create a one-of-a-kind design on wine glasses or mason jars in this exciting class. Step-by-step instructions will help you personalize your own glasses to use at home or to give as gifts. All supplies are included. T.C. Scoops will be offering beverages from its adult Libations Menu.

**C53-19**

Tuesday - 1 session

May 7

7:00-9:00pm

**\$38**

T. C. Scoops

104 Main St., Medway

## LEARN TO KNIT – 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. All materials are included in the class fee. New and returning knitters welcome. Register quickly as the class size is limited.

**C54-19**

Mondays - 6 sessions

April 22-June 3

7:00-8:30pm

**\$95**

Memorial School Library

No class May 27

## LEARN TO KNIT – 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 materials are included in the class fee. Register quickly as the class size is limited.

**C55-19**

Wednesdays - 6 sessions

April 24-May 29

7:00-8:30pm

**\$95**

Memorial School Library

## LADIES NIGHT OUT – Hands & Body

Ann Fisher

Join Molly's Apothecary this spring for our popular Ladies Night Out that focuses on products for the hands and body! We will be making soaps, a lovely hand lotion, an aromatherapy bath soak and a delicious body scrub. Take home a lovely goody bag of customized products. This class is fun in groups, so bring a friend!

**C56-19**

Wednesday - 1 session

April 24

6:30-9:00pm

**\$45**

Molly's Apothecary

Medway Mills-Suite 5

163 Main St., Rte. 109

## PARENT & CHILD NIGHT OUT

Ann Fisher

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!

**C57-19**

Wednesday - 1 session

May 8

6:00-8:00pm

**\$100/two**

**\$45 additional child**

Molly's Apothecary

Medway Mills-Suite 5

163 Main St., Rte. 109

## LADIES NIGHT OUT – Face & Body

Ann Fisher

Join Molly's Apothecary this spring for our popular Ladies Night Out that focuses on products for the face and body! After a long winter, 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!

**C58-19**

Thursday - 1 session

May 16

6:30-9:00pm

**\$45**

Molly's Apothecary

Medway Mills-Suite 5

163 Main St., Rte. 109

## MURDER MYSTERY DINNER - "Til Death Do Us Part"

The birds are chirping, the sun is shining, but the wedding bells are not ringing for the not-so-happy couple when a member of the wedding party is murdered! With a raging Bridezilla and an uninterested groom, it may be "Happily Never After" in this nuptial nightmare. Trade clues with fellow guests and help the hapless couple figure out "whodunit" so they can say "I do" before the wedding hour passes them by! Wedding guests are encouraged to wear their own wedding dress or the most ridiculous wedding attire they can put together. Gather your friends and join the fun! Dinner is included and beverages are available for purchase.

**Ages: 18 & up**

**C64-19**

Monday - 1 session

April 29

6:00-9:00pm

**\$35**

Jasper Hill Restaurant

270 Exchange St., Millis

### 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

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

# ADULT - BUSINESS & TECHNOLOGY

## INTRODUCTION TO PHONE PHOTOGRAPHY

*Lisa Sheehan*

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

**C59-19**

Thursday - 1 session  
May 9  
7:00-9:00pm

**\$25**

High School  
Medway Cable Access Studio  
Door 23



## ORGANIZING & ARCHIVING YOUR DIGITAL PHOTOS

*Lisa Sheehan*

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

**C60-19**

Monday - 1 session  
May 20  
7:00-9:00pm

**\$25**

High School  
Medway Cable Access Studio  
Door 23

## WORDPRESS 1

### Create Your Own Website or Blog

*Fan Stanborough*

If you would like to create your own website or personal blog, WordPress is the program for you! WordPress is a powerful and easy-to-use tool for building any kind of site. In this class, you will choose the look and feel of your site, add text and photos and use specialized features. You will also learn how to grow your website traffic with simple Search Engine Optimization (SEO) tips. Every aspect of managing your own site will be covered. This class is for beginners and no coding is required.

**C61-19**

Wednesdays - 3 sessions  
May 8-22  
7:00-9:00pm

**\$80**

Middle School  
Computer Rm. 2317

## MEDWAY CABLE ACCESS

Medway Cable Access is offering free classes at its studio for anyone interested in learning the equipment and getting hands-on training with one of their staff members. Learn how to use the video equipment, studio, and computer software so you can make your own segment that will air on Medway Cable Access. All classes require registration and a minimum of three registrants. To access the studio, please enter door 23 at Medway High School.

**C62-19**

**FREE**

### Orientation

*Amy Huff*

This is the first step to creating your own segment, event promo or show. The one-hour orientation will introduce you to what the studio offers. It will also give you the opportunity to sign up for any of our free classes.

Tuesday, April 23

6:00-7:00pm

**FREE**

### Portable Camera Production

*Barry Schneier*

Learn to record quality video and audio with one of our many HD portable cameras. 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)/Ch 36 (Verizon) and shared to our Facebook page and Twitter.

Tuesday, April 30

6:00-7:30pm

**FREE**

### TV Studio Production

*Barry Schneier*

This class will teach you the basics of creating a show including hands-on training with our studio cameras, audio board, switcher and character generator to create titles.

Tuesday, May 7

6:00-7:30pm

**FREE**

### Final Cut Editing

*Bryan Quitadamo*

Complete your training 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.

Tuesday, May 14

6:00-7:30pm

**FREE**

## ED2GO – Online Courses

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. Their instructors include some of the most well-known and trusted names in online education and their dedication to customer service is second to none. 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.

Browse the catalog and register for courses at  
[www.ed2go.com/medwayce](http://www.ed2go.com/medwayce).



# 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 FOUNDATION FOR EDUCATION (MFE)

The MFE raises funds for innovative, educational projects throughout Medway's public schools. To volunteer, donate or get ticket and event information, visit [www.MFEducation.org](http://www.MFEducation.org) and follow their Facebook page. Volunteers may contact Sue Olson at [sue@fiveolsons.com](mailto:sue@fiveolsons.com) or Brian Gray at [bgray\\_123@yahoo.com](mailto:bgray_123@yahoo.com)

- Upcoming events include:
- **Dodging4School** - Kids and adults can compete in this fun, exciting dodgeball tournament at Medway Middle School. Costumes and creative team names are encouraged.  
Saturday, March 23 11:00am-7:00pm
  - **Kentucky Derby Party** - Adults are welcome to cheer on their favorite horse for the 145th running of the Kentucky Derby. The view of Choate Park from the Thayer House and the food will blow you away!  
Saturday, May 4 Doors open at 4:30pm
  - **Lego Club** - Check the website for details about the return of MFE Lego Club in 2019.

## MEDWAY ELEMENTARY PTO (MEPTO)

MEPTO is made up of volunteers and all funding for PTO sponsored programs comes from fundraisers held throughout the year. To volunteer or for more information about MEPTO including upcoming events, visit [www.mepto.org](http://www.mepto.org).

- **Shamrock Shuffle**  
Saturday, March 9 9:00-11:00am
- **Basket Raffle and Ice Cream Social**  
Friday, March 29 6:00-8:00pm

## MEDWAY SECONDARY PTO (MSPTO)

MSPTO depends on membership fees to fund their programs, grants and scholarships. For more information, follow their Facebook page or email [medwaysepto@gmail.com](mailto:medwaysepto@gmail.com).

## MEDWAY PUBLIC LIBRARY

The library has many ongoing activities such as book clubs, story times, special events and crafts. Please visit [www.medwaylib.org](http://www.medwaylib.org) or call 508-533-3217 for information, dates and times.

- **Birds of Prey** - Come to this presentation by a naturalist from Mass Audubon. Meet three native birds of prey, discover their unique features, find out about conservation challenges and more. Suitable for older elementary children, teens and adults. Registration preferred but walk-ins welcome.  
Thursday, April 4 7:00-8:00pm
- **Celebrating Ireland in Story and Song** - Embrace Irish history and culture with Phil Edmonds, Kevin Fallon and Mary King. Registration preferred but walk-ins welcome.  
Thursday, April 11 7:00-8:00pm
- **Barn Babies** - Barn Babies traveling baby animal petting zoo provides the perfect all hands-on activity for your little learner. Barn Babies will bring a variety of animals. Explore your five senses and meet some cuddly friends! Best for ages 3-7. Please register for **one** session.  
Tuesday, April 16 9:00 or 9:30 am
- **Pastel Painting with Greg Maichack** - Join Gregory as he instructs us in the fine art of pastel painting during this workshop for everyone. Participants learn all the essentials of pastel painting and take home their artwork. Ages: 18 & up. Registration is required.  
Wednesday, April 17 6:00-8:00pm

## MEDWAY HISTORICAL SOCIETY

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.

## TOWN OF MEDWAY - CLEAN SWEEP

Help clean up Medway during the 7th Annual Clean Sweep! We strongly encourage neighborhoods to put together a team. Ban together and clean up your neighborhood! To volunteer, call 508-533-3264 or email [cleansweep@townofmedway.org](mailto:cleansweep@townofmedway.org). Rain or Shine!

Saturday, April 27

8:00-11:00am

## MEDWAY PRIDE DAY

This year marks the 25th Medway Pride Day! Show your pride on Saturday, May 18 at the Middle School for this exciting day. Visit [www.townofmedway.org/pride-day-committee](http://www.townofmedway.org/pride-day-committee) or the Medway Pride Day Facebook page for details and information.

Saturday, May 18

10:00am-4:00pm

## MEDWAY LIONS CLUB

The Medway Lions Club raises money for charitable and volunteer efforts in Medway through their year-round fundraisers and events. For more information or to volunteer, visit [www.medwaylions.org](http://www.medwaylions.org).

- **Father/Daughter Dance** - Girls, ages three and older, are invited to bring their date - dad, uncle, grandfather, etc. - to this event in March. 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!  
Sunday, March 31 1:00-4:00pm
- **Annual Pancake Breakfast** - Bring your family and friends and join the Lions for their annual "All You Can Eat" breakfast in the early spring. The event will include photographs with the Easter Bunny, a coloring contest for children, and raffle prizes! Please pay at the door.  
Sunday, April 14 8:00am-12:00pm
- **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 SENIOR CENTER

The Senior Center offers many events, programs, exercise classes and trips. View the Monthly Newsletter online at [www.townofmedway.org](http://www.townofmedway.org) under the Council on Aging or call 508-533-3210 for more information.

- **Finding the Joy in Retirement** - Have you been thinking about retirement? Join us as we explore retirement, what it means to you and how to find your joyfulness. Please call to register for this free two-part series.  
Wednesdays, April 24 & May 1 10:30am
- **TED Talks** - Join Gary C. Harris, Professor Emeritus, Wellesley College for another series of TED talks. Call the Senior Center for information on dates and times.
- **Health & Wellness Fair** - The Senior Center will be hosting a Wellness Fair in May 2019.

## MEDWAY FRIENDS OF THE PERFORMING ARTS

The Friends of the Performing Arts mission is to promote excellence and broaden student participation in the Medway Public Schools K-12 music and theater programs. MFPA is always in need of new members and volunteers at any level, from volunteering at an event, to contributing ideas or planning an event, to serving as a board member or officer. If you would like to help, feel free to send us an email to [medwayfriendsofperformingarts@gmail.com](mailto:medwayfriendsofperformingarts@gmail.com).

## MEDWAY COMMUNITY FARM

The 2019 CSA (Community Supported Agriculture) shares are available for registration soon. For more information, please visit [www.medwaycommunityfarm.org](http://www.medwaycommunityfarm.org). Locally farmed vegetables are available at the farm stand and farmer's market in season.

# TEACHER BIOS

**Heather Bertoni** has been creating, designing and painting for over 12 years. She participates in many craft events and fairs and has displayed her work in the Posh Design Center in the Norwood Mills. Heather has designed items for weddings, holidays and personal gifts. She has a background in event coordinating and her own business on Etsy, Coffee Street Design.

**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.

**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 programs through Medway Community Education.

**Amanda DelPrete** opened Inspire Dance Academy in 2011 and specializes in ballet and modern dance. She received her B.A. in dance at Columbia College in Chicago and Rhode Island College. Amanda has danced professionally with numerous companies.

**Greg Dowdell** is the Head Professional at Maplegate Country Club and has been teaching golf for more than 20 years. He is also the varsity golf coach at Medway High School.

**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.

**Dale Fingar** of Medway is a certified personal trainer, competitive 5K runner and 13-time Boston Marathon runner. She also has more than 30 years of experience teaching safe, effective and exciting classes.

**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.

**Stacey Flaherty** is a fitness instructor and choreographer who has developed and implemented numerous fitness routines to promote overall health of class participants. She also owns *Stacey's Custom Creations* which designs and fabricates custom window treatments and other home decor.

**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 and is CPR/AED Certified.

**Sweta & Stefan Girgenrath** are seasoned chefs with experience catering both small and large events. They are also professors having taught at Northeastern College of Professional Studies.

**Julie Guido** is an 8th degree black belt master and began teaching in 1982. She loves teaching each new student and helping 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.

**Jennifer Kendall** designs STEM classes for local community establishments. She has an extensive background in education and as a creator and blogger.

**Juanita Allen Kingsley** is the owner of AllenKingsley, Inc.-Lifelong Learning Essentials. As a health educator, she trains more than 2,000 people in the MetroWest region annually through her First Aid, CPR and AED classes. Juanita became a licensed EMT in 2001 and, most recently, became New England's only Certified Instructor for Social Skills.

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

**Shawn Lannigan** has been in auto repair service for over 20 years. He is excited to welcome all to his new business, Shawn's Auto Repair in Medway. Shawn and his technicians offer honest, efficient and reliable service.

**Mark Lenzi**, co-owner of Franklin Liquors, was trained by the International Sommelier Guild and is a Certified Specialist of Wine and Spirits. He is also the first in MA to be a California Wine Appellation Specialist.

**Jon Marshall** is an AA certified personal trainer. When not teaching his highly energetic and challenging boot camp classes, he teaches history and coaches football at Randolph High School.

**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.

**Medway Cable Access** has provided public access cable television programming in Medway since 1984, offering programming created by local producers every day. MCA not only provides our producers with a place to exhibit their work, it also gives these creative individuals the training and equipment they need to fulfill their visions.

**Medway Community Farm** manages a diverse vegetable operation that produces food for the spring, summer and winter Community Supported Agriculture (CSA) shares. The farm offers a variety of educational programs, community events and volunteer opportunities for the public.

**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.

**David Piantedosi** has worked in EMS for more than 25 years. His goal is to continuously provide relevant education in the emergency services field.

**Faina Shapiro** is a professional organizer and stager helping clients create clean and organized spaces in their homes and offices by identifying organization issues, developing comprehensive organizational systems and making houses more attractive to potential buyers.

**Kim Simone**, Certified Specialist of Wine and French Wine Scholar, is thrilled to be part of the educational team at Franklin Liquors! Kim has been in the wine business since 2002 and holds a Master's degree in Gastronomy from Boston University, where she is now a teaching assistant.

**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 was serves on the Medway Board of Library Trustees.

**Fan Stanborough** of BBDS Design is a web/graphic designer and instructor for various classes including WordPress and Social Media Marketing.

# REGISTRATION

## ONLINE REGISTRATION & PAYMENT (preferred method)

1. Visit [www.medwayce.org](http://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. Once registration is processed, you will receive a confirmation email from *FamilyID*.
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.

## PAPER REGISTRATION & CHECK

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 from *FamilyID*.

*Returned checks will incur a \$25 fee payable to the Town of Medway and collected by the Town Treasurer.*

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### REGISTRATION FORM – Spring 2019

\* 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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## Medway Community Education

16 Cassidy Lane, Medway, MA 02053

508-533-3222 option 4

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

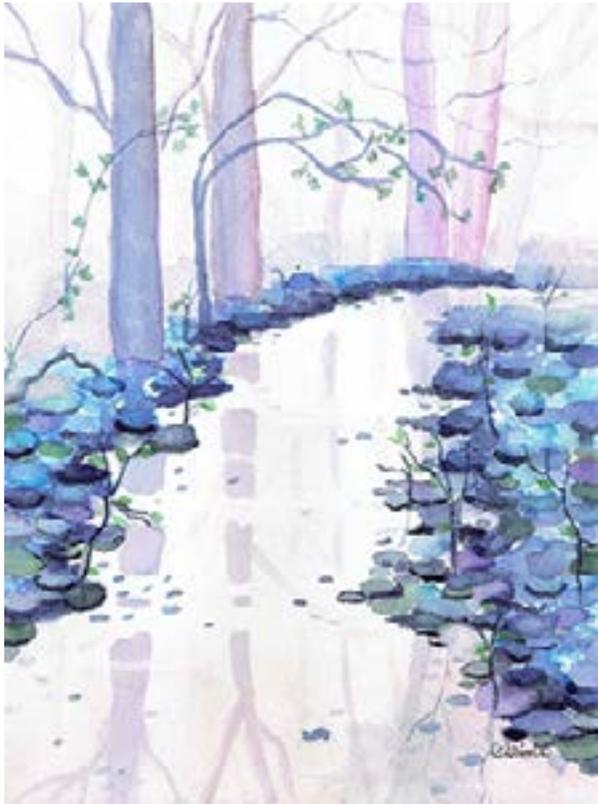
[www.medwayce.org](http://www.medwayce.org)



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02053

### POSTAL CUSTOMER MEDWAY, MA 02053



COVER PHOTO: GAIL GRIVOIS

#### **A Pink Glow Watercolor 9"x 12"**

*A Pink Glow* is an original watercolor painting by Gail Grivois. Most of her paintings have bolder colors and stronger contrasts but here she was inspired by a photo of lily pads in a mist and wanted to capture the soft feel and the reflections.

Gail began to paint at a class at the Norfolk Senior Center to help with recuperation from an illness. Five years later she is still painting and also attends Carlie DeGaetano's painting classes at the Medway Senior Center. She finds painting to be a healing and meditative outlet.

She finds inspiration in the beauty of nature and immense joy in using color and contrast to express her appreciation of the natural world.

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