

**MEDWAY  
COMMUNITY  
EDUCATION**



**WINTER 2019**

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 January 1 (New Year’s Day), January 21 (Martin Luther King), February 18-22 (Winter Vacation), and April 15-19 (Spring Vacation), unless noted.
- In the event of a snowstorm, please check local TV stations for an announcement stating schools are closed and/or evening classes are cancelled. Class updates are also available on our website. All classes cancelled due to weather will be made up at the end of the session.

### 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



Follow Medway Community Education on Facebook and Twitter @medwayce.org

# SUMMER ADVENTURES CAMP

## Online Registration begins Tuesday, January 1

We are excited to offer a discounted early registration for our 2019 Summer Adventures Camp!

Do not miss out this year – all weeks filled in 2018

- To Register:
  - Visit [www.medwayce.org](http://www.medwayce.org)
  - Select the link for **Online Registration: FamilyID**
  - Select **Summer Adventures Camp - Summer 2019**
- \$20 weekly discount - early registration runs January 1 - March 1
  - Registrations will be confirmed upon receipt of payment; **we will not hold spots without payment**
    - Payment option 1: online on UniPay Gold immediately when registering
    - Payment option 2: check must be received by our office within 5 days of registering
  - Discount cannot be applied to the early drop-off/late pick-up options
  - Reference Course # SA-19
- Detailed camp information will be available in the Spring Brochure
- Field Trips – offered weekly at no additional fee
- Details regarding employment opportunities will also be included in the Spring Brochure.

### DATES

- # 1 June 24-28
- # 2 July 1, 2 & 3 (3 day week only)
- # 3 July 8-12
- # 4 July 15-19
- # 5 July 22-26
- # 6 July 29-August 2
- # 7 August 5-9
- # 8 August 12-16

### AGES

Children entering Kindergarten through Grade 6

### TIME OPTIONS

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

### FEES

- Full Day
  - \$195/week – discounted to \$175/week
  - \$120/week 2 – discounted to \$105
- Early Drop-Off \$60/week
- Late Pick-Up \$50/week
- Both Early & Late Options \$90/week



# PRESCHOOL

## TERRIFIC TWOS PRESCHOOL PROGRAM

Please register for the 2019-2020 program as soon as possible.

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

Classes meet Tuesdays and Thursdays from September 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).

### **B1-19**

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**

### **B2-19**

Wednesdays - 6 sessions  
January 9-February 13  
9:30-10:15am

### **\$50**

Burke School Rm. 11  
Legion Ave. Parking Lot  
Door 13

## **INTRODUCTION TO SOCCER**

☆NEW☆

*F.A.S.T. Athletics*

Our soccer program will teach the fundamental skills of dribbling, trapping, passing and shooting. The students will work on these fundamentals through a variety of unique, non-traditional games. Parents are also encouraged to participate if their child needs the extra support.

**Ages: 3-6**

### **B3-19**

Tuesdays - 5 sessions  
January 22-February 26  
1:00-1:45pm

### **\$70**

Veterans Memorial Bldg.  
Gym  
900 Main St., Millis  
No class February 19

## **INTRODUCTION TO SPORTS**

*F.A.S.T. Athletics*

This program is a combination of warm-up games and sports, such as soccer, kickball, basketball and t-ball. Children will be eased into learning the basics of all of these great games, as well as teach them the importance of teamwork. New and exciting games are planned for each session.

**Ages: 3-6**

### **B4-19**

Tuesdays - 5 sessions  
March 12-April 9  
1:00-1:45pm

### **\$70**

Veterans Memorial Bldg.  
Gym  
900 Main St., Millis



**STROLLER BOOT CAMP**

*Kelly DuBois*

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

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

**Program 1**

<b>B26-19</b>	<b>\$38</b>
Tuesdays - 4 sessions	Veterans Memorial Building
January 8-29	Gym
9:30-10:30am	900 Main St., Millis

**Program 2**

<b>B27-19</b>	<b>\$38</b>
Tuesdays - 4 sessions	Veterans Memorial Building
February 5-March 5	Gym
9:30-10:30am	900 Main St., Millis
	No class February 19



**MOVE & GROOVE**

*Inspire Dance Academy*

This parent and child/caregiver class is a wonderful introduction to the structure of a classroom while allowing each child the freedom to explore his/her own natural movement. Dancers will march, gallop, roll, jump, twirl, wiggle and giggle while using our imaginations to go on exciting adventures. Fine and gross motor skills are developed through the use of music, dance, props and fun obstacle courses.

**Ages: 2**

<b>B5-19</b>	<b>\$70</b>
Fridays - 6 sessions	18 Water St., Holliston
January 11-February 15	
9:40-10:25am	

**CREATIVE BALLET**

☆NEW☆

*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: 2.5-3.5**

<b>B6-19</b>	<b>\$70</b>
Fridays - 6 sessions	18 Water St., Holliston
January 4-February 8	
11:30am-12:15pm	

**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.

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

<b>B7-19</b>	<b>\$105/5 sessions</b>
Shen's Gymnastics Academy	16 Everett St., Holliston
Mondays, January 7-February 4	9:30-10:20am
Thursdays, January 10-February 7	9:30-10:20am
Saturdays, January 12-February 9	9:00-9:50am

**PRESCHOOL 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.

**Swim Stages:** The swim stage curriculum serves the different learning styles of children. The structure is simplified and focuses on benchmark skills and goals in each stage. Children progress from fundamentals to stroke technique over six distinct stages.

**Program Member Fee:** When you register through Medway Community Education, registrants receive the Program Member Fee without having to pay an annual YMCA fee.

**Registration:** 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 discounted price, do not register through the YMCA's portal.*

**Ages: 6-36 months with adult companion & 3-5 years**

**Winter Program**

**B8-19**  
Wednesday, January 2-Sunday, February 17

Wednesdays-Sundays	
7 sessions	<b>\$141</b>

Mondays & Tuesdays	
6 sessions	<b>\$106</b>

**Spring 1 Program**

**B9-19**  
Monday, February 25-Sunday, April 14

Mondays-Sundays	
7 sessions	<b>\$141</b>

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

# YOUTH

## LEARN TO KNIT FOR KIDS

*Ida Matuskova*

Children will learn to fall in love with yarn! Learning to knit is a wonderful skill as boys and girls develop thinking and fine motor skills through working with their hands. Knitting engages both sides of the brain and has children working from the left to the right and in a circular manner, which helps them with reading skills. There is also counting, skip counting, adding, subtracting, patterning and problem-solving involved with knitting. All materials are included in the class fee. Register quickly as the class size is limited.

**Ages: 8 & up**

**B10-19**

Mondays - 6 sessions  
January 28-March 11  
5:00-6:00pm

**\$60**

Memorial School Library  
No class February 18

☆NEW☆

## CREATIVE CUPCAKES – Parent & Child

*John Scott Smith*

Does your family enjoy baking together? Is your child a budding young chef? Join this fun one-night class where both your child and you will experience the yummy world of cupcakes! Together, you will learn an adaptable cupcake recipe, how to stuff cupcakes, then practice decorating with your own icing, disposable piping bags and steel decorator tips. Each family will leave with their own pastry box full of six cupcakes and various cupcake supplies. Limited space available.

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

**B49-19**

Thursday - 1 session  
January 31  
6:30-8:00pm

**\$60/parent & child**

High School Rm. 107-3

## 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**

**B11-19**

Monday - 1 session  
March 4  
3:45-5:45pm

**\$48**

Memorial School Library

## 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**

**B12-19**

Fridays - 6 sessions  
January 25-March 8  
4:00-4:50pm

**\$60**

Burke School Gym  
No class February 22

## POP STAR HIP HOP DANCE

*Inspire Dance Academy*

Does your child love to dance and pretend to be a pop star? Pop Star hip hop is a very cool, yet age-appropriate, dance class for young children. The dancers will learn basic hip hop, as well as show off some of their own best dance moves while grooving to their favorite music.

**Ages: 5-7**

**B13-19**

Saturdays - 6 sessions  
January 5-February 9  
11:30am-12:15pm

**\$70**

18 Water St., Holliston

## 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**

**Program 1**

**B14-19**

Saturdays - 5 sessions  
January 12-February 9  
1:30-2:30pm

**\$125**

16 Everett St., Holliston

**Program 2**

**B15-19**

Saturdays - 10 sessions  
February 16-April 6  
1:30-2:30pm

**\$200**

16 Everett St., Holliston

## BEGINNER GUITAR

☆NEW☆

*Angela's School of Performing Arts*

Has your child expressed a desire to learn how to sing and play the guitar? In this new program, children begin to learn note reading, how to play simple chords, practice funny vocal exercises and learn songs to sing. Theater games add a lot of fun and help develop self-esteem. Each participant receives a child-sized quality guitar and case to use throughout the program. Come experience the joy of music!

**Ages: 5-8**

**B16-19**

Wednesdays - 3 sessions  
March 6-20  
4:30-5:30pm

**\$85**

280 Ridge St., Millis

## YOUTH SWIM LESSONS

*Franklin YMCA*

For information on swim lessons, please refer to page 5 in the PRESCHOOL section of our brochure or visit our website, [www.medwayce.org](http://www.medwayce.org).

**Ages: 6 months-12 years**

# MIDDLE & HIGH SCHOOL

## 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.

**Ages: Grades 5-12**

**B17-19**

**Semester 2**

February 1-May 31

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

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

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

Middle School Band Room

## RED CROSS BABYSITTING COURSE

*Margie Monahan*

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

**Ages: 11-14**

**B18-19**

Tuesdays - 4 sessions

February 5-March 5

2:00-4:30pm

**\$75**

Middle School Rm. 1108

No class February 19



**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**

**B61-19**

Monday - 1 session

March 4

6:00-9:00pm

**\$85**

Memorial School Library

## CATALYST PREP – SAT Test Prep

☆NEW☆

*Catalyst Prep Staff*

**SAT Test** - The first step on the path to applying to college is maximizing your test score. Get the experience of taking the test in a simulated testing environment and gain insight into which exam - SAT or ACT - is a good fit for you. Students will receive a detailed score report, which includes questions that were missed and recommendations on which exam is best for them.

**Score Back Night** - Students and parents are welcome to attend a free Score Back Night on Monday, February 4, from 7:00-8:00pm in Room 112-1. An expert will explain what your scores mean and how to use them in the college planning process. Your detailed score report will include the questions that you missed and recommendations on which exam is right for you!

**Ages: Grades 10 & 11**

**B19-19**

Saturday - 1 session

January 26

9:00am-1:00pm

**\$20**

High School Rm. 112-1



## 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 March and May SATs. Register at least three weeks before your class starts to lock in the best price: *Promo Code: SAVEHS150.*

**Ages: Grades 11 & 12**

**SAIKS181026**

Tuesdays - 8 sessions

January 8-March 5

6:00-9:00pm

**\$749 discounted fee**

\$899 regular fee

Medway High School

Rm. 107-1

No class February 19

**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.kaplanprep.com/sat](http://www.kaplanprep.com/sat)

**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).

**PARKOUR (Freerunning)**

*Wu Xing Kung Fu*

Beginners and experienced Freerunners welcome! We teach Parkour 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. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. 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!

**Ages: 13 & up**

**B20-19**

Tuesdays - 4 sessions/month

4:30-5:15pm

Fridays - 4 sessions/month

6:00-6:45pm

**\$120/month**

903 Main St., Millis

**TEACHERS DRIVING ACADEMY – Driver’s Education Program**

All registrations must be completed on the TDA website, [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.
- TDA offers the convenience of taking your driver’s license test on a Saturday.
- Do not schedule driving times during school hours.

**Registrations are still being accepted for the upcoming WINTER BREAK 2018 - #2 session.**

**FEBRUARY VACATION 2019 - #3**

Wednesday, February 6*	6:00-8:00pm
Monday, February 18	8:00am-2:30pm
Tuesday, February 19	8:00am-2:30pm
Wednesday, February 20	8:00am-2:30pm
Thursday, February 21	8:00am-2:30pm
Friday, February 22	8:00am-12:15pm

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

**APRIL VACATION 2019 - #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.

# ADULT - FITNESS

## ZUMBA®

*Christine French*

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

### **B21-19**

Saturdays - 8 sessions  
January 5-March 2  
9:30-10:30am

**\$70**

High School Aerobics Room  
Enter Gym Doors  
No class February 23

## 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.

### **B22-19**

Mondays - 8 sessions  
January 7-March 11  
6:30-7:30pm

**\$75**

High School Aerobics Room  
Enter Gym Doors  
No class January 21 &  
February 18

★NEW★

## 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.

### **B23-19**

Mondays & Wednesdays  
16 sessions  
January 7-March 11  
6:30-7:30pm

**\$85**

Burke School Gym  
No class January 21,  
February 18 & 20

## STEP AEROBICS

*Dale Fingar*

Step is back and it's time to "party on the platform"! Have a blast as you "dance" on the step bench with choreographed moves featuring energetic music from yesterday and today! Not only will you get an awesome cardio workout, but you will also be toning your lower body! Please bring water, a towel and wear comfortable exercise clothing and shoes. Step benches are provided.

### **B24-19**

Tuesdays - 8 sessions  
January 8-March 5  
6:30-7:30pm

**\$75**

Burke School Gym  
No class February 19

## 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.

### **B25-19**

Tuesdays - 8 sessions  
January 8-March 5  
6:30-7:45pm

**\$78**

Medway Public Library  
Lower Level  
No class February 19

## STROLLER BOOT CAMP

*Kelly DuBois*

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

### **Program 1**

#### **B26-19**

Tuesdays - 4 sessions  
January 8-29  
9:30-10:30am

**\$38**

Veterans Memorial Building  
Gym  
900 Main St., Millis

### **Program 2**

#### **B27-19**

Tuesdays - 4 sessions  
February 5-March 5  
9:30-10:30am

**\$38**

Veterans Memorial Building  
Gym  
900 Main St., Millis  
No class February 19

## EVENING BOOT CAMP

*Kelly DuBois*

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**

#### **B28-19**

Tuesdays - 4 sessions  
January 8-29  
7:00-8:00pm

**\$35**

Memorial School Cafeteria

### **Program 2**

#### **B29-19**

Tuesdays - 4 sessions  
February 5-March 5  
7:00-8:00pm

**\$35**

Memorial School Cafeteria  
No class February 19

## CARDIO DRUMMING

☆NEW☆

*Stacey Flaherty*

Join this exciting new 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.

**B30-19**

**\$70**

Wednesdays - 8 sessions

Memorial School Cafeteria

January 9-March 6

No class February 20

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. Please note new start time.

**B31-19**

**\$70**

Thursdays - 8 sessions

Burke School Gym

January 10-March 7

No class February 21

6:30-7:30pm

## LADIES SNOWSHOE/TREK

*Nanci Cahalane*

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

**Program 1**

**B32-19**

**\$30/program**

Thursdays - 6 sessions  
January 10-February 14

F. Gilbert State Forest  
Foxboro

or

Saturdays - 6 sessions  
January 12-February 16  
9:45-11:00am

**Program 2**

**B33-19**

**\$30/program**

Thursdays - 6 sessions  
March 7-April 11

F. Gilbert State Forest  
Foxboro

or

Saturdays - 6 sessions  
March 9-April 13  
9:45-11:00am

## 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. Visit [www.medwayce.org](http://www.medwayce.org) and select the link YMCA Programs to view class descriptions. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length.

**B34-19**

**\$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.



## CO-ED INDOOR FUTSAL

Anil Mahalaha

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

**B35-19**

Sundays - 12 sessions  
January 6-March 31  
8:00-10:00am

**\$110**

High School Gym  
No class January 20

☆NEW☆

## MEN'S TUESDAY NIGHT BASKETBALL

Adam Quimby

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

**B38-19**

Tuesdays - 20 sessions  
January 8-June 11  
7:00-9:30pm

**\$125**

Middle School Old Gym  
No class February 19,  
April 16 & May 14

## CO-ED VOLLEYBALL

Steve Karra & Mike Bradford

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

**B39-19**

Wednesdays - 14 sessions  
January 9-April 24  
7:00-9:00pm

**\$99**

Middle School Old Gym  
No class February 20 &  
April 17



## 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. Limit 20 participants.

**B36-19**

Sundays - 8 sessions  
January 6-March 3  
10:30am-12:30pm

**\$75**

High School Gym  
No class January 20

## MEN'S SUNDAY MORNING BASKETBALL

John McEneary

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

**B37-19**

Sundays - 12 sessions  
January 6-March 24  
7:00-9:00am

**\$90**

Middle School  
Anderson Gym



## INTERMEDIATE CO-ED VOLLEYBALL

Wally Wenzel & Bob Hudon

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

**Program 1**

**B40-19**

Mondays - 14 sessions  
January 7-April 29  
7:00-9:30pm

**\$99**

Middle School Old Gym  
No class January 21,  
February 18 & April 15

**Program 2**

**B41-19**

Thursdays - 14 sessions  
January 10-April 25  
7:00-9:30pm

**\$99**

Middle School Old Gym  
No class February 21 &  
April 18

*Attend both nights for a discounted fee of \$170*

# ADULT - ENRICHMENT

## MARBLED NOTE CARDS

★NEW★

*The Hot Pigeon*

Join Anne Brady and Jenne Nitishin to create beautiful cards using the art of Ebru. Ebru painting is a distinctive genre of aqueous art used to produce mesmerizing works. If you have attended our Silk Scarf Marbling class, you know the magic involved in Ebru. However, this class offers a more detailed form of Ebru art using finer tools and smaller trays for card stock paper. All participants will create 20 one-a-kind note cards that make a wonderful gift for yourself or another. Gather your friends and get creative!

### Program 1

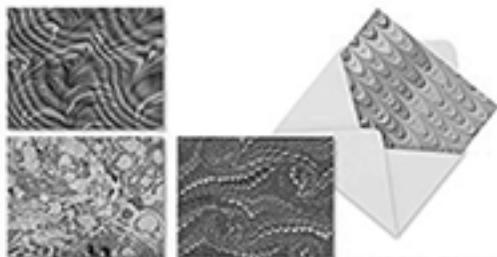
**B42-19**  
Tuesday - 1 session  
January 29  
7:00-9:00pm

**\$40**  
324 Village St., Medway

### Program 2

**B43-19**  
Monday - 1 session  
February 25  
7:00-9:00pm

**\$40**  
324 Village St., Medway



## SILK SCARF MAKING – The Art of Ebru

*The Hot Pigeon*

Join Anne Brady and Jenne Nitishin to create a one-of-a-kind silk scarf through the magic of "floating ink" on water. Find your creative self as you explore the ancient art of Ebru with your own foolproof work of art! Originally designed to create marbled paper, this art has evolved into using fabrics as well. Participants may choose their own colors for the 11" x 16" Habatoi silk scarf. The process is mesmerizing as you watch others create their designs. The scarf is a perfect gift for yourself, for others or as a framed piece of art! If interested in creating a second scarf, please register accordingly to ensure supplies are available.

**B44-19**  
Saturday - 1 session  
February 9  
7:00-9:00pm

**\$35/one scarf or  
\$60/two scarves**  
324 Village St., Medway

## PAINT & SIP Hand Painted Wine Glasses

★NEW★

*Heather Bertoni*

Create a one-of-a-kind design on a wine glass or mason jar in this exciting new class. Step by step instructions will help you personalize your own glasses. Best of all, you leave at the end of the class with two custom wine glasses to use at home or give as gifts. All glasses and art supplies are included. T.C. Scoops will be offering beverages from their adult Libations Menu.

**B45-19**  
Tuesday - 1 session  
February 12  
7:00-9:00pm

**\$38**  
T. C. Scoops  
104 Main St., Medway

## WILD & WINTERY FLORAL DESIGN

★NEW★

*Joanna Hersey*

Taking inspiration from Mother Nature and adding our own artful spin on a classic "winter white" arrangement, we will be using a variety of evergreens, pine cones, succulents and wintery white blooms to create a gorgeous and textural winter centerpiece. Jo of Twig & Briar will guide you in creating your own and show you tips and tricks on how to use seasonal botanicals to create something unique and unexpected!

**B46-19**  
Wednesday - 1 session  
January 30  
7:00-9:00pm

**\$60**  
High School Rm. 119-2



## TROPICAL FLORAL DESIGN

★NEW★

*Joanna Hersey*

Escape the snow and come to the tropics as we work with an amazing selection of tropical flowers and greenery to create a truly one-of-a-kind floral arrangement. Tropical flowers offer a fun and modern feel to any arrangement. Jo of Twig & Briar will show you tips and tricks on how to incorporate these luscious materials in a floral centerpiece - you will be so inspired you might want to plan a gathering just to show your talents off to family and friends!

**B47-19**  
Wednesday - 1 session  
March 13  
7:00-9:00pm

**\$60**  
High School Rm. 119-2

## MAKE & TAKE SIGN PARTY

*Amy Nickerson*

Everyone loves to spruce up their home and work space. 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 offering beverages from their adult Libations Menu.

**B48-19**  
Thursday - 1 session  
February 28  
7:00-9:00pm

**\$20/one or \$38/two signs**  
T. C. Scoops  
104 Main St., Medway

**CREATIVE CUPCAKES – Parent & Child**

*John Scott Smith*

Does your family enjoy baking together? Is your child a budding young chef? Join this fun one-night class where both your child and you will experience the yummy world of cupcakes! Together, you will learn an adaptable cupcake recipe, how to stuff cupcakes, then practice decorating with your own icing, disposable piping bags and steel decorator tips. Each family will leave with their own pastry box full of six cupcakes and various cupcake supplies. Family fun and fantastic treats await you in this program. Limited space available.

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

**B49-19**

Thursday - 1 session

January 31

6:30-8:00pm

**\$60/parent & child**

High School Rm. 107-3



**THE CROWNING GLORY  
Cupcake Baking & Frosting**

*John Scott Smith*

Participants will learn a delicious and versatile cupcake recipe that is easily adaptable to personal preferences, as well as how to take their icing and decorating to a higher level to impress friends and family. The “reverse-creaming” method, how to fill then decorate with American Buttercream, and how to match fillings and cake flavors are discussed. Everyone will also practice decorating for professional-looking results. Six cupcakes, icing, disposable piping bags and steel decorator tips are provided to all registrants. Join the fun! Limited space available.

**B50-19**

Tuesday- 1 session

February 5

6:30-8:00pm

**\$45**

High School Rm. 107-3

**WINE EDUCATION SERIES**

☆NEW☆

*Mark Lenzi & Kim Simone*

**Class 1: Learn Your Palate Through Blind Tasting** - Did you know there is a lot of psychology behind what we think we like in a wine? In this class, labels will be hidden as we will taste through our lineup. Will your perception of wines change?

**Class 2: Less Familiar Grape Varieties** - Join us as we introduce you to a selection of wines made from less-familiar, but still important, grape varieties from around the world. You are sure to find a new favorite or two!

**Class 3: 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.

**Ages: 21 & up**

**B51-19**

Tuesdays - 1, 2 or 3 sessions

Class 1: February 5

Class 2: March 12

Class 3: April 2

7:00-8:30pm

**\$25/class or \$45/series**

Tasting Room

Franklin Liquors

363 E. Central Ave., Franklin

**LADIES NIGHT OUT – Valentine’s Day**

*Ann Fisher*

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

**B52-19**

Wednesday - 1 session

February 6

6:30-9:00pm

**\$50**

Molly’s Apothecary

Medway Mills-Suite 5

163 Main St.



**LADIES NIGHT OUT – Face & Body**

*Ann Fisher*

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

**B53-19**

Wednesday - 1 session

March 6

6:30-9:00pm

**\$45**

Molly’s Apothecary

Medway Mills-Suite 5

163 Main St.

**ORGANIZE IT!  
Improve Your Home's Appeal**

☆NEW☆

*Faina Shapiro*

Be liberated from the burdens of clutter and disorganization and learn how to apply elements and principles of organization to your own home! Professional home organizer, property manager and home stager will teach you how to transform and organize each space in your home and how to keep it that way. From kitchens and laundry rooms to home offices and garages, we will tackle every room in your home step-by-step and provide methods, tools, tricks and checklists for decluttering. Essential cleaning product recommendations to help you save time and sustain the appeal and value of your home are also discussed. You may bring pictures of specific areas you need help organizing or cleaning to discuss at the end of the class.

**Program 1**

**B54-19**

**\$25**

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

High School Rm. 119-2

**Program 2**

**B55-19**

**\$25**

Tuesday - 1 session  
February 26  
7:00-9:00pm

High School Rm. 119-2



**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.

**B56-19**

**\$95**

Mondays - 6 sessions  
January 28-March 11  
7:00-8:30pm

Memorial School Library  
No class February 18

**LEARN TO KNIT – Advanced**

☆NEW☆

*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.

**B57-19**

**\$95**

Wednesdays - 6 sessions  
January 30-March 13  
7:00-8:30pm

Memorial School Library  
No class February 20

**VISION BOARDS WITH INTENTION**

☆NEW☆

*Susan Caplan McCarthy*

A vision board may look like an art project but it is really a powerful goal-setting tool. Celebrities such as Oprah, Ellen DeGeneres, and Beyoncé have all used vision boards to realize their dreams. Each participant will work on personal exercises to focus on what you hope to acquire, experience and feel in your life. Magazine images are then used to strengthen intentions as you work toward your goals. Please join us at **Clearing Mental Clutter** (see below) to further help clarify any conflicting messages about your vision.

**B58-19**

**\$20**

Tuesday - 1 session  
January 15  
7:00-9:00pm

High School Rm. 119-2



**CLEARING MENTAL CLUTTER**

☆NEW☆

*Susan Caplan McCarthy*

In this unique approach to organizing, participants explore techniques on how to clear the mental and emotional clutter that gives physical clutter permission to exist. If you feel stuck because you are unsure on how and where to start, join us to learn techniques to help clear the clutter in your home.

**B59-19**

**\$20**

Tuesday - 1 session  
January 22  
7:00-9:00pm

High School Rm. 119-2

**Medway Community Education Gift Certificates**

Good towards any course or trip in this brochure.

Call or email the Community Education office to order.

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

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

# ADULT - BUSINESS & TECHNOLOGY

## 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. Please register for this important class since no one should die from uncontrolled bleeding.

**B60-19**

**\$40**

Tuesday - 1 session

High School Rm. 119-2

February 12

7:00-9:00pm



## 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**

**B61-19**

**\$85**

Monday - 1 session

Memorial School Library

March 4

6:00-9:00pm

## PREPARING FOR RETIREMENT

Ryland Hanstad

The thought of retirement is exciting, but may be daunting as well. Retirement has challenges related to finances, health, family and other issues. This class introduces topics and changes you will face as you enter retirement and suggests specific steps you can take to help ensure this new period of your life is secure and enjoyable.

**Program 1**

**B62-19**

**\$10**

Thursday - 1 session

High School Rm. 119-2

January 24

7:00-9:00pm

**Program 2**

**B63-19**

**\$10**

Tuesday - 1 session

High School Rm. 119-2

February 26

7:00-9:00pm

## WORDPRESS 1

★NEW★

### 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.

**B64-19**

**\$80**

Wednesdays - 3 sessions

Middle School

January 16-30

Computer Rm. 2317

7:00-9:00pm

## PROMOTE YOUR BUSINESS ONLINE

★NEW★

### Search Engine Optimization (SEO) & Social Media

Fan Stanborough

If you have a website and want to grow your site traffic, this program is a must! We will cover the following - how to drive traffic to your web properties using Search Engine Optimization (SEO); how to set-up a marketing strategies with social media services like *Facebook*, *LinkedIn* and *Google My Business* to increase your online presence; how to connect with the right people and communities; how to use Google analytics to track your website and read reports. This class is for beginners and no coding is required.

**B65-19**

**\$60**

Wednesdays - 2 sessions

Middle School

February 6 & 13

Computer Rm. 2317

7:00-9:00pm

## 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).

## MEDWAY CABLE ACCESS

*This spring, Medway Cable Access will offer free classes at its studio for anyone interested in learning about the equipment and receiving hands-on training from one of the staff members. Join the staff to learn how to use the video equipment, studio and computer software so you can make your own segment to air on Medway Cable Access.*

# SPECIAL DAY TRIPS



**SUNDAY, MARCH 3**

**Broadway's Award-Winning, Hit Musical is coming to the Providence Performing Arts Center!**

**We are excited to announce we have discounted tickets in 1st Dress Circle to this award-winning show for all to see!**

SCHOOL OF ROCK is a New York Times Critics' Pick and "AN INSPIRING JOLT OF ENERGY, JOY AND MAD SKILLZ!" (Entertainment Weekly). Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of prestigious school students into a guitar-shredding, bass-slapping, mind-blowing rock band.

SCHOOL OF ROCK is designated as a family show, and it is recommended for children eight-years-of-age and older. The show begins at 6:30pm, and the bus departs the Medway Middle School at 4:45pm. You may bring a boxed meal on the bus. If preferred, you may travel to Providence on your own for dinner at one of the many restaurants within walking distance of the theatre - contact the Community Education Office to arrange a time to pick-up your tickets.

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

**SR-19**

Sunday - 1 session  
March 3

**\$55**

4:45pm departure from Medway Middle School  
6:30pm show time  
10:00pm approximate return to Medway Middle School  
45 Holliston St.

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**A DAY IN NEW YORK CITY**  
*Saturday, April 27*

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

The luxury coach bus departs from the Medway Middle School parking lot, 45 Holliston Street, at 6:30am. The bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more – a map of the area is provided. For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm. Please note the bus driver's gratuity is included in the fee.

**NYC-19**

**\$65**

Saturday - 1 session  
April 27  
6:30am departure from Medway Middle School  
10:30pm approximate return to Medway Middle School  
45 Holliston St.

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**A DAY AT THE MGM CASINO**  
*Sunday, May 5*

Western Massachusetts is now home to the new MGM Casino, a 2 million-square-foot complex with gaming, restaurants, a hotel, spa, movie theater and shops. This Springfield attraction has a 125,000-square-foot casino featuring 2,550 slots, 120 table games, a high-limit room and a poker room with 23 tables. The numerous restaurants offer something for everyone, from a steakhouse to a sports bar. Gather your friends and family and join us as we spend an entertaining day at the casino!

**Please Note:** All registrants receive a \$10 Slot Play. When registering, please provide your date of birth, required to receive the bonus. If you are already an "M Life" MGM member, include your card number to have the bonus automatically added to your card prior to your arrival.

**MGM-19**

**\$35**

Sunday - 1 session  
May 5  
9:00am departure from Medway Middle School  
3:30pm approximate return to Medway Middle School  
45 Holliston St.

# 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:
- **Rebound - An Evening with Chris Herren** - This event is being presented by **MFE, MSPTO** and **Medway T.H.R.I.V.E.** Chris Herren will speak with students in grades 9-12 during the day. The evening program will be available for parents and other community members.  
St. Joseph Parish Center 7:00-8:30pm  
Tuesday, December 11
  - **Trivia Bee** - Have fun competing with Medway teachers, administrators, students and parents in this musically enhanced trivia contest.  
Memorial School Cafeteria 7:00-9:00pm  
Wednesday, November 14
  - **Dodging4School** - Kids and adults can compete in this fun, exciting dodgeball tournament. Costumes and creative team names are encouraged.  
Medway Middle School 11:00am-7:00pm  
Saturday, March 23
  - **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!  
Thayer House Doors open at 4:30pm  
Saturday, May 4
  - **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).

- **Chili Festival**  
Sunday, February 10 1:00-3:00pm
- **Dance** - Theme to be determined  
Saturday, March 2 8:00-11:00pm
- **Pasta Dinner** - All families welcome  
Friday, March 8 5:00-7:00pm
- **Shamrock Shuffle**  
Saturday, March 9 9:00-11:00am
- **Basket Raffle and Ice Cream Social**  
Friday, March 29 6:00-8:00pm  
Wednesday, November 14

## 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 [medwaysecpto@gmail.com](mailto:medwaysecpto@gmail.com).

## MEDWAY COMMUNITY FARM

The 2019 CSA (Community Supported Agriculture) shares will be 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.

## 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. Volunteers are always welcome and needed. To donate your old yearbooks or relevant Medway items, please call 508-533-7222 or email [info@www.medwayhistoricalsociety.org](mailto:info@www.medwayhistoricalsociety.org).

## 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) for information, dates and times.

- **Snowflake STEM Extravaganza** - We will be learning many science and math concepts while making snowflakes to decorate the library (and bring home). Measuring ingredients for salt dough, mixing colors and saturation for sugar crystals and more! Ages 4 and up. Registration preferred but not required.  
Monday, December 17 4:00-6:00pm
- **Cursive Club** - Join Miss Lucy to explore the art of cursive handwriting. Reading and writing in cursive stretches our brains in ways that printing does not. We will practice upper and lower case letters, read notes written by others and create some beautiful and funky projects to take home! Come when you can; it is not a structured class.  
Tuesdays 4:00pm
- **Rolie Polie Guacamole Family Concert** - Join this award-winning "kindie" band from Brooklyn, NY for a high energy, interactive show that is a mix of funk, rock and folk music mashed into original tunes about natural living, eating healthy and staying active! This music is kid friendly but also appealing to adults.  
Tuesday, February 19 2:30pm

## MEDWAY CABLE ACCESS - Makerspace

Every Wednesday, come by the Medway Public Library's Makerspace for free drop-in hours. Learn how to transfer years of family memories from VHS, film, or slides to a digital format. Access coordinator, Barry Schneider, is there to answer your questions and guide you in operating the equipment. Please provide your own DVD, external hard drive or thumb drive. For more information, email [barry@medwaycable.com](mailto:barry@medwaycable.com). Medway Cable Access airs on Channel 8 (Comcast)/Ch 36 (Verizon) and at [www.medwaycable.com](http://www.medwaycable.com).  
Wednesdays 2:00-4:00pm

## 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).

- **Christmas Tree Sale** - Christmas trees and wreaths are sold into December at the Route 109 plaza until they sell out!
- **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.
- **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!
- **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!

## 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 and follow the Medway Council on Aging on Facebook.

# 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.

**Anne Brady & Jenne Nitishin**, artists and proprietors, opened The Hot Pigeon in June, 2017. It is a working studio and shop which offers eclectic classes and unique items. This shop is a creative place to find that one-of-a-kind item. Visit to experience “Unique Finds...Curious Minds”.

**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.

**Kelly DuBois** is a certified Boot Camp instructor and personal trainer who teaches one-hour, total body workouts, both indoors and outdoors, and personal training sessions for clients of all ability levels.

**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.

**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.

**Ryland Hanstad** is a financial advisor, helping clients meet their financial needs since 1993. He is a graduate of Colgate University and obtained an MBA from Babson College.

**Joanna Hersey** is a floral designer and owner of Twig & Briar in Medway. She is a wedding florist known for her lush, garden-inspired designs. Jo’s designs are inspired by color, texture and Mother Nature.

**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 Socialsklz.

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

**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.

**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.

**Susan Caplan McCarthy** has 25 years of experience as a teacher. She is a member of the National Association of Productivity and Organizing Professionals (NAPO) and runs [www.ALessClutteredLife.com](http://www.ALessClutteredLife.com).

**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.

**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.

## INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details

508-533-3222 option 4

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

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# REGISTRATION

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## ONLINE REGISTRATION & PAYMENT (preferred method)

1. Visit *www.medwayce.org*. Select the link for **Online Registration: FamilyID** and login or sign up.
2. Select a program, then select course(s).
3. Complete Registration Information and select the **Save and Continue** button.
4. Click the **Submit** button to pay electronically or by check. 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

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 – Winter 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

508-321-4725

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



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02053

## POSTAL CUSTOMER MEDWAY, MA 02053



**COVER PHOTO: LORIE BROWNELL**

**Northern Flicker – Medway, MA**

**Nikon D750**

**300mm, f5, 1/320 sec**

Lorie Brownell is a long time resident of Medway and well known to those who frequent the Medway Public Library where she has worked for 20 years. Photography is one of Lorie's more recent hobbies and she finds it a rewarding way to engage with the world in a creative way. This photograph was taken in her backyard where her camera with zoom lens is often mounted on a tripod, ready to photograph what comes into view.

Lorie facilitates the OH SHOOT! photography group at the Medway Public Library and is the prime photo contributor to the Instagram and Facebook pages for Lark Fine Foods, Inc. Her personal collection of photos can be found on her Instagram site, [@thenoveleye](https://www.instagram.com/thenoveleye)

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