

# **Belmont Public Schools**



## **Belmont Community Education**

fall 2010

Program begins week of October 4, 2010

**SCHOOL COMMITTEE LIAISON**

Ms. Laurie Graham

**SUPERINTENDENT OF SCHOOLS**

Dr. George H. Entwistle, 3rd

**DIRECTOR OF COMMUNITY EDUCATION**

Ms. Martha E. Reagan

**THE SUPERINTENDENT'S ADVISORY COUNCIL**

Mr. Vincent DeNovellis

Ms. Ruth DeVasto

Ms. Janice Ellard

Ms. Janice Henry

Ms. Kelly Higgins

Ms. Norma Massarotti

Mr. Charles Smerlas

Mr. Scott Stratford

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### **Course notification**

**No confirmation is sent.** Please report to class for the first meeting unless notified otherwise. A course with low enrollment may be cancelled or postponed. You are notified, and a refund is sent if a course is cancelled.

**\*\*\* General Information \*\*\***

CLASSES BEGIN WEEK OF 10/4/2010

**REGISTRATION SEQUENCE**

**1** WALK-IN **MONDAY, September 13, 2010 6:30 - 8:00 PM**  
**BELMONT HIGH SCHOOL CAFETERIA**

*The first evening of registration is reserved for Belmont residents only . Enrollment must be completed in person, at Belmont High School (Cafeteria), and some form of identification must be shown.*

**2** WALK-IN **TUESDAY, September 14, 2010 4:00 - 6:00 PM**  
**BELMONT HIGH SCHOOL CAFETERIA**

*Non-residents as well as residents may register in person at Belmont High School Cafeteria.*

**-or-**

**3** BY MAIL *or WALK-IN at BCE OFFICE*  
**beginning WEDNESDAY, September 15, 2010**

*SUBJECT TO AVAILABILITY, residents and non-residents may register by mail*

**Belmont Community Education**  
**644 Pleasant Street**  
**Belmont, MA 02478**

**-or-**

**Walk-In** daily from 8:00 am - 4:00 pm in the Community Education Office, 644 Pleasant St. For further information call

**617-993-5427**

*Registration continues until the class is filled.*

## **TUITION FEES, REFUNDS AND OPTIONS**



**NO CASH ACCEPTED**

Tuition fee as listed by course must be paid at the time of registration. **Checks**, payable to the Town of Belmont, are the **only acceptable form of payment**.

### **PLEASE USE A SEPARATE CHECK FOR EACH COURSE.**

The School Committee, through the Superintendent, reserves the right to cancel any and all courses that are undersubscribed. An option will be offered to registrants in undersubscribed courses. **UNDER NO CIRCUMSTANCE WILL REFUNDS BE MADE TO STUDENTS AFTER A CLASS IS IN SESSION.**

Materials used in the class will be furnished by the student unless otherwise specified.

All judgments of regulating, enrollments, continued enrollment, time, location and length of classes, as well as the class size, are the prerogatives of the School Committee via the Superintendent and such judgments are final when rendered.

## **CANCELLATIONS AND MAKE-UP CLASSES**

If the public schools are closed due to inclement weather during the daytime, there will be no Community Education classes. If weather conditions become severe late in the day, cancellation will be announced over WBZ (Ch. 4), WHDH (Ch. 7), WCVB (Ch. 5), and on radio at WBZ and WRKO. Classes will be rescheduled at a later date. If there is a delay in the opening of school, Community Education classes will be held.

**VISIT OUR WEBSITE AT:**

**<http://www.belmont.k12.ma.us/education>**

NOTE: People may not use the website or email to register for courses. Please see registration information on page 4 for course registration sequence.

**\*\*\* COURSES \*\*\***

<b><u>Course</u></b>	<b><u>Instructor</u></b>	<b><u>Day</u></b>	<b><u>Page</u></b>
Ballroom Dancing - Level I	Katz	Thur	22
Ballroom Dancing - Level II	Katz	Thur	22
Body Basics- Cardio	Rice	Tues	15
Body Basics- Cardio	Rice	Thur	15
Body Basics- Challenge	Rice	Mon	15
Body Language Communication	Khoury	Thur	21
Body Strong	Rice	Mon	16
Bollywood Dancing (new)	Scherp	Tues	22
Book Group Discussion	Reagan	Tues	14
China Shard Mosaics (new)	Frain	Thur	9
Clear Up Food Label Confusion	Raubenheimer	Thur	17
College Readiness & Test Preparation	Zucker	Tues	12
Cooking Couples Cook Tapas (new)	Cambridge Culinary	Sun	17
Digital Audio Revealed	Preston	Thur	23
Emotional Comm. & Children (new)	Garber	Wed	20
English as a 2nd Language	Stoller	Thur	18
Excel	Bitgood	Thur	24
French, Beginners	Laveissiere-Sharkey	Mon	19
Golf for Beginners	White	Wed	23
Healthy Eating for Busy People	Raubenheimer	Thur	18
Heartsaver CPR	Grimm	Tues	13
Intro to the Computer	Reagan	Tues	24
Intro to the Western Greenway	Wrubel	Sat	19
Invest in Your Home-R.E. Staging	FitzGerald-Waters	Tues	26
Italian, Beginners (new)	Parravano	Thur	19

<u>Course</u>	<u>Instructor</u>	<u>Day</u>	<u>Page</u>
Just Once Guitar for Busy People (new)	Kinscheck	Thur	22
Knitting, Continued	Wedlock	Tues	10
Kumihimo Braiding	Wade & Carnevale	Wed	9
Leather Wrap (new)	Wade & Carnevale	Thur	9
Managing Your Window Files	Coate	Wed	24
Margaritas (new)	Leahy	Mon	18
Maximize Your College Financial Aid	Anderson	Wed	13
Nantucket Basket (new)	McCarthy	Wed	10
No Cost Decorating	FitzGerald-Waters	Tues	25
Painting/Drawing - Intermediate/Advanced	Roach	Mon	11
Painting/Drawing - Beginning	Roach	Wed	10
Power of E-mail Marketing (new)	Sherwin	Tues	25
Protect Home Wireless Network!	Coate	Wed	25
Protect Your Computer!	Coate	Wed	24
SAT I Review -Math	DeLorio	Mon	11
SAT I Reading & Writing Review	Latham	Tues	11
Social Security-Not Just Retirement Prog.	Kollias	Mon	15
Tackling the College Essay	Austin	Wed	12
Transition to Parenthood (new)	Garber	Wed	21
Twitter and You	Borsuk	Tues	25
Walking for Wellness & Enjoyment (new)	O'Flynn	Thur	14
Yoga- Hatha Level 1	Randall	Mon	16
Yoga- Hatha Level 1	Randall	Thur	16
Yoga- Hatha Level 2	Randall	Mon	16
Yoga- Hatha Level 2	Randall	Thur	16

*Welcome to the*

Belmont Community Education Program

*We hope you enjoy our  
selection of courses for fall 2010,  
and we welcome your suggestions  
for future course offerings.*

*-The Belmont  
Community Education  
Advisory Committee*

*Please contact us using one of the following methods:*

*phone: 617-993-5427  
email: mreagan@belmont.k12.ma.us  
USPS: 644 Pleasant St., Belmont, MA 02478*



**\*\*\* ARTS, CRAFTS, and SKILLS \*\*\***

**CHINA SHARD MOSAICS**

B.H.S.

Gail Frain Rm. 241 \$55 *Thur. 6:30-8:30pm*  
*NEW* 4 wks. (10/14, 21, 28; 11/4/10)

Join this mosaics class to learn how to recycle broken dishes, vases, and lamp bases into attractive home accessories. The instructor will show participants how to break, cut, place and design with glass shards and then use adhesives, grouts, and finishing techniques. No experience is necessary! Beginners will design a picture frame. More experienced participants will work with shards and/or stained glass to mosaic a vase, pot, or glass bank. Max: 8 students. \$20 materials fee will be collected by the instructor at the first class.

*Gail Frain owns Gail's Mosaics and designs. She professionally decorates cement stepping stones, bird baths, birdhouses chairs, tables, mirrors and more.*

**KUMIHIMO Braiding**

Life's a Bead!

Susan Wade & Luan Carnevale \$25 *Wed. 6:00 - 7:30 pm*  
1 wk. (10/13/10)

Join this workshop to learn the ancient art of Japanese braiding. Each participant will make a bracelet using the Kumihimo braiding technique. After learning this technique, you will be able to make elegant necklaces that are lightweight, beautiful, and durable. This is a great class for beginners! At the class, participants will purchase a \$21.80 kit that includes bobbins, Kumihimo Braiding Disc and materials to make one bracelet. After this initial investment you can make necklaces for under \$8 and bracelets for \$6. *Class meets at Life's A Bead!, 404 Trapelo Rd., Belmont.*

**LEATHER WRAP**

Life's a Bead!

Susan Wade & Luan Carnevale \$25 *Thur. 6:00 - 7:30 pm*  
*NEW* 1 wk. (10/21/10)

The leather wrap bracelet is a very popular accessory right now! It is made with leather strands and beading. The bracelet is selling in top retail stores for high prices. Join this class to make your own bracelet and be the envy of your friends. Beginners and experienced bead makers are welcomed in this class! Participants will purchase the materials of their choice at the class, ranging from \$8 on up. *Class meets at Life's a bead!, 404 Trapelo Rd., Belmont.*



**PAINTING/DRAWING: Intermediate/Advanced** B.H.S.  
 Brian Roach Rm. 241 \$70 *Mon. 6:30 - 9 pm*  
 6 wks. (10/4 - 11/15/10)

This course is for students who have taken the painting course, fall, 2009 or who have prior knowledge of oil painting principles and materials. Using still life, participants will continue working to develop control of paint especially through color and composition. Personal projects are encouraged. Limited class size allows for individual attention and the development of personal style. A list of required materials will be sent to registrants before the first class. (max: 8)

**\*\*\* College Prep Courses \*\*\***

**S.A.T. I REVIEW- Math** B.H.S.  
 Ben DeLorio Rm. 101 \$115 *Mon. 5:30 - 8 pm*  
 4 wks. (11/1 - 11/22/10)

This course reviews essential topics needed to successfully complete the *new SAT I Math Exam*: algebra 1 and 2, geometry, statistics, probability, and word problems. The course provides basic test taking skills, including methods of speed and accuracy. Bring calculators on first day for a diagnostic exam. Fee includes the SAT review book. Max.: 40

**S.A.T. I REVIEW- Critical Reading and Writing** B.H.S.  
 Melissa Latham Rm. 101 \$135 *Tues. 6 - 8:30 pm*  
 6 wks. (10/5 - 11/9/10)

This course will review essential topics needed to successfully complete the *new SAT I- Critical Reading and Writing* sections. The critical reading review will include sentence completions and paragraph-length readings measuring extended reasoning, literal comprehension, and vocabulary in context. The writing review will prepare students for the student-written essay and the multiple choice focused on identifying errors and improving sentences and paragraphs. Fee includes the SAT review book. Max.: 40

**TACKLING THE COLLEGE APPLICATION ESSAY** B.H.S.Claire Austin Rm. 112 \$90 *Wed. 6:30 - 8:30 pm*  
4 wks. (10/6 - 10/27/10)

It's the job seniors loath and parents dread. How do you begin to tackle those broad college application essay questions so that your essay will be special and stand out from all the other s? What would you say? And how can you say it so that it makes you so appealing to the colleges that you are a stand-out among the crowd? What events are most important to describe and how? In this workshop, students will develop and polish their main essay that goes to all the colleges to which they are applying. In addition, students will have guidance on writing the special essays each college requires. Everyone will leave with one or two excellent finished products. Students should bring to the first class their college applications that contain the essay questions, and a well thought out outline with specifics (or a draft) of their primary essay, usually the common application essay. There will be time to write and ask questions Max: 10

*Ms. Austin has a tutoring business for preparing students for college.*

**COLLEGE READINESS AND TEST PREPARATION:** B.H.S.**A Primer for Parents**Elizabeth Zucker Rm. 103 \$30 *Tues. 7 - 9 pm*  
1 wk. (11/30/10)

Regardless of whether your child is in middle school or approaching the last years of high school, there's something here for you. Learn how to:

- Chart a course that positions your child well for college without making college the only driving force.
- Understand ACT/SAT testing.
- Talk about your kids so administrators and teachers will listen.
- Find the balance between *what colleges want* and *what is realistic for kids to accomplish*.
- Search for colleges that will fit your son or daughter.
- Tune out the often infectious anxiety of other parents.
- Choose the battles to fight with kids.
- Let go.

*Before becoming a college admissions consultant in 2001, Liz Zucker was, for twenty-six years, a teacher/advisor of juniors and seniors. She has served as a consultant to the College Board, as well as to school districts in Virginia and Massachusetts. Her professional memberships include the National Association for College Admission Counseling, the Independent Education Consultants Association, and the Higher Education Consultants Assoc.*

<b>MAXIMIZE YOUR COLLEGE FINANCIAL AID</b>			B.H.S.
Donald Anderson	Rm. 108	\$25/ind. \$32/couple	<i>Wed. 7 - 9 pm</i> 1 wk. (10/6/10)

This one night workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars, monies that are even available to "high income" families and business owners. Strategies will be presented that will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time to set the strategies in place (Hint: best before the junior year) and why if you wait until the financial aid deadline to file your forms, you may miss out on the full amount of aid for which you qualify. You will also learn how to minimize the equity in your home. A free comprehensive analysis will be provided for those attending the class.

**\*\*\* C.P.R., HEALTH \*\*\***

<b>AMERICAN HEART ASSOCIATION HEARTSAVER CPR</b>			B.H.S.
Terry Grimm	Rm. 105	\$35	<i>Tues. 6:30 - 9:30 pm</i> 1 wk. (10/19/10)

*Heartsaver CPR* is an extensive, three-hour course that teaches adult, child, and infant CPR. By the end of the course, participants will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. This course also teaches participants how to help someone who is choking and how to respond in other emergency situations. While use of an automated external defibrillator is not taught in this course, basic information about the AED is reviewed. On completion of the class, participants receive their workbooks with a CD full of helpful reference information; wallet reminder cards; a keychain face shield; and a course completion card good for two years. Heartsaver CPR fully meets all employer CPR requirements. Max.: 12 students. **A \$29 material fee must be paid at registration. No registration fee for Belmont residents.**

**WALKING FOR WELLNESS & ENJOYMENT**

B.H.S.

Patricia O’Flynn

\$36

*Thurs. 5 - 6 pm*

*NEW*

3 wks. (10/7, 14, 2/10)

Would you like to be more physically active, lower your stress level, have more energy, and meet new friends while having fun? Join this walking class and explore beautiful places close to Belmont. Walking is one of the safest and healthiest forms of exercise. All you need is good pair of walking shoes! Each week participants will walk at different locations. The first week will be a Belmont walk that will begin at Belmont High School , 221 Concord Ave.

*Patricia O’Flynn is a Personal Trainer, Group Exercise Instructor and Certified Wellness Coach. She is an AMC member and has organized and led walks for the Lexington Adult Education Center.*

**\*\*\* Day Program \*\*\***

Day classes are open to resident and nonresident adults. **Belmont Senior Citizens (65 yrs of age)** will receive a 15% discount for **Day Program Classes ONLY**.

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**BOOK GROUP DISCUSSION**

B.H.S.

Martha Reagan

Library

\$30

*Tues. 3 - 4:15 pm*

4 wks. (10/6, 26; 11/16; 12/7/10)

For the first session, participants should read *Short History of Women* by *Kate Walbert*.



**\*\*\* FINANCE \*\*\***

*These courses are not a substitute for individual financial counseling or legal advice relative to investment. Belmont Public Schools may not be held liable for any action or lack thereof by the participants based on the content of the courses or any advice or comments by any instructor.*

**SOCIAL SECURITY - It's Not Just a Retirement Program** B.H.S.  
Francine Kollias Rm. 104 \$10 Mon. 7 - 9 pm  
1 wk. (10/1810)

The instructor will give an overview of all Social Security programs, ie., retirement, disability, survivor and health insurance as well as the supplemental security income program. She will discuss what one should consider regarding pre-retirement planning, one's benefits in retirement, as well as how a public pension affects social security benefits. Accessing online services will also be explained.

*The instructor is a full time Social Security employee with 29 years of experience teaching the public about this issue.*

**\*\*\* FITNESS \*\*\***

**JUDY RICE'S FITNESS CLASSES** BUTLER SCHOOL GYM

**BODY BASICS:** Tues. and Thur. 6:45 - 7:45 pm  
**CARDIO FITNESS** \$95 8 wks. (10/5-12/7/10)  
**No class 10/21/10**

This low-impact workout is ideal for those who are getting back into shape– the mature exerciser, those who are just starting to exercise or anyone who wants a great workout in a relaxed setting. The class includes cardiovascular conditioning, muscle strengthening, and flexibility work. The emphasis is on working at your own pace and having fun! Each class will include a short informational segment on fitness and exercise. Please bring a mat.

**BODY CHALLENGE:**  
**CARDIO PLUS STRENGTH & FLEXIBILITY** Mon. 7 - 8 pm  
\$80 8 wks. (10/4-11/29/10)

Limited time to workout? This energetic, upbeat class includes cardiovascular exercise to strengthen the heart and burn fat, followed by strength training and abdominal conditioning. The aerobic-style workout is set to music and incorporates the most recent fitness science findings. The class finishes up with yoga style strengthening and stretching for a complete and well-balanced workout. Please bring a mat.

<b>BODY STRONG:</b>		<i>Mon. 5:45 - 6:45 pm</i>
<b>STRENGTH TRAINING BASICS</b>	\$65	6 wks. (10/4-11/15/10)

Strength training programs such as the Tufts *Strong Women Stay Young Program* can increase strength, bone density, and energy while decreasing the risk of osteoporosis, diabetes and obesity. This class is based on the *Strong Women* program. We will learn correct technique for each exercise and how to develop an effective home routine to strengthen muscles and improve health. Participants are encouraged to do the workout twice a week in addition to the class for the best results. If you've been thinking about starting a fitness program or want to expand your present workout routine, this simple and effective program is a great place to start. (*Appropriate weights will be discussed at the first class.*) Please bring a mat.

*Judy Rice, M.Ed., is a health educator and an AFAA certified exercise instructor. She has a private practice in Belmont providing fitness training, smoking cessation and stress management counseling. Judy has completed Tufts University's Strong Women training program with Miriam Nelson.*

<b>YOGA- HATHA, Level I</b>		B.H.S.
Bonnie Randall      Library	\$90	<i>Mon. or Thur. 6:00 - 7:15 pm</i>
<i>Choose one meeting day, Mon. or Thur.</i>		8 wks. (Mon. 10/4-11/29/10) (Thur. 10/7-12/9/10)

This gentle yoga class quiets the mind and energizes and aligns the body with a flowing series of postures that stretch and strengthen. Breathing and stretching are combined to challenge and relax the body. Yoga is an ancient practice that greatly reduces the stress of modern life. The instructor is Kripalu certified and Iyengar trained. Please bring a mat. Max.: 20

<b>YOGA- HATHA, Level II</b>		B.H.S.
Bonnie Randall      Library	\$90	<i>Mon. or Thur. 7:30 - 8:45 pm</i>
<i>Choose one meeting day, Mon. or Thur.</i>		8 wks. (Mon. 10/4-11/29/10) (Thur. 10/7-12/9/10)

The intermediate hatha class is more strenuous than the beginners' class. This class adds a slightly more dynamic flow of postures to increase vitality. Asanas are held longer. Please bring a mat. Max.: 20



**\*\*\* FOOD \*\*\***

**CLEAR UP FOOD LABEL CONFUSION** B.H.S.  
Kim Raubenheimer Rm. 103 \$25 *Thur. 7-8:30 pm*  
1 wk. (11/8/10)

Do you know the difference between 2% and 1% milk for fat and cholesterol? Or, what does the food label, “healthy choice” mean? Join this informative workshop to learn how to decipher labels on grocery store items. The instructor will discuss how to read food labels and the marketing behind them. You will leave with a better understanding of what to look for on a food label in order to choose healthy foods and not take hours to shop. Kim Raubenheimer, of Your Health Sense, is a certified nutrition specialist and fitness coach. She is the nutritionist for Cambridge Athletic Club and is currently teaching a Nutrition & Fitness class to MIT undergraduate students.

**COOKING COUPLES COOK TAPAS** Cambridge  
Cambridge School of Culinary of Arts \$75/individual *Sun. 4 - 7:30 pm*  
*NEW* \$150/couple 1 wk. (1/30/11)

Join this informative culinary workshop to learn the recipes, practice the techniques, and savor the flavors of Spanish tapas cooking. Tapas, the Spanish custom of sharing lots of little plates so that diners can eat more, is making its way to the American table. The food is seductive, earthy, robust, and flavorful. There are no starters in this course; all dishes are the main event. Recipes include Roasted Sweet Onions with Cabrales Blue Cheese; Saffron Risotto Cakes with Shrimp and Chile and Chive Oils; Tacos of Flank Steak with Red Onion Jam and Horseradish Crème Fraîche; Oven Roasted Mussels with Garlic Herb Butter; and Braised Chicken Thighs with Garlic and Lemon and Mashed Potatoes. Lastly, it wouldn't be Tapas without Albondgas—meatballs made with beef and pork presented with a garlic mayonnaise or in a simple tomato sauce.  
Min: 3 couples, Max: 7 couples.  
(Class takes place at the Cambridge School of Culinary of Arts, 2020 Mass. Ave. Cambridge.)

**EVENING WITH THE CHEF – MARGARITAS** Waltham  
 A Mexican Culinary Adventure  
 Chef Martha Leahy \$23 Mon. 7 – 9 pm  
*NEW* 1 wk. (10/18/10)

Enjoy a Mexican vacation without getting on a plane! Discover the multi-sensory experience that Margaritas Restaurant offers every day ... the sound of mariachi music, the smell of fresh sizzling fajitas, the taste of authentic Mexican cuisine, the feel of chopping fresh cilantro and tomatoes and the sight of intricate works of art crafted by artists from all regions of Mexico! Enjoy a hands-on demonstration by our Executive Chef, Martha Leahy and savor generous samplings of the varied tastes of Mexico – mild or spicy to your liking. We'll prepare fresh guacamole with warm tortilla chips, our signature salsa made with the freshest ingredients, a classic Chili Relleno (*pronounced Chili Reeyeno*) entrée and our delicious hot cinnamon sugar Churros with traditional dipping sauces for dessert!

Margaritas is located at **211 Moody Street in Waltham** with plenty of free parking in the adjacent parking garage. (A \$5 food fee will be collected at the class.) Max: 20

**HEALTHY EATING FOR BUSY PEOPLE** B.H.S.  
 Kim Raubenheimer Rm. 103 \$25 Thur. 7 - 8:30 pm  
 1 wk. (11/4/10)

“I don’t have time for breakfast.” “I don’t have time to cook.” Eating healthy should not be put aside because of the fast pace to today’s activities. You will learn how to stock your pantry, car, school bags, and office with healthy staples and snacks so you and your family do not go hungry during the day. The instructor will discuss how to plan and prepare a week of nutritious, tasty meals and snacks for you and your family. She will also give tips on how to eat healthy when not preparing food at home.

*Kim Raubenheimer, of Your Health Sense, is a certified nutrition specialist and fitness coach. She is the nutritionist for Cambridge Athletic Club and is currently teaching a Nutrition & Fitness class to MIT undergraduate students.*

**\*\*\* LANGUAGE COURSES \*\*\***

**ENGLISH AS A SECOND LANGUAGE** B.H.S.  
 Natalie Stoller Rm. 106 \$85 Thur. 7:30 - 9 pm  
 8 wks. (10/7-11/18/10)

This is a course for adults with a basic understanding of English who want to improve their skills. The class will work on conversation, reading and basic grammar points. The goal is to have fun while we practice communication skills. We will also learn about Belmont’s local culture and resources. Students will be given handouts to work on at home.

**FRENCH, BEGINNERS**

B.H.S.

Monique Laveissiere-Sharkey Rm. 106 \$90 *Mon. 7:00 - 8:30 pm*  
8 wks. (10/4-11/29/10)

You always wanted to learn French but procrastinated! Now is your chance to start from the very beginning. You'll be learning the correct pronunciation taught by a Parisian. This course will help you in your trip to France. If you have some basic French, this course can be a review. Students should purchase *French on the Go* by Barron's.

**ITALIAN, BEGINNERS**

B.H.S.

Sonia Parravano Rm. 101 \$95 *Thur. 7 - 9 pm*  
*NEW* 7 wks. (10/7-12/1/10)

Learn to speak Italian in an engaging and supportive environment. Students will have the opportunity to develop skills in grammar, pronunciation, vocabulary, spelling and conversation. Students will learn about the Italian culture as they develop their use of the language. The instructor will provide students with handouts related to the language instruction. *Ms. Parravano has been an instructor of Italian for many years.*

**\*\*\* NATURE & ENVIRONMENT \*\*\*****INTRO. TO THE WESTERN GREENWAY**

Habitat

Roger Wrubel, Director \$18 *Sat. 8 - 11 am*  
*NEW* 1 wk. (10/16/10)

Come join us for a three-hour walk through the open spaces of Belmont, Lexington and Waltham. The Western Greenway includes over 1,000 acres of interconnected green-space. We'll start at Habitat in Belmont, traversing over gentle terrain through Wellington Hill, Rock Meadow, and Beaver Brook North Reservation, before ending at Walnut Street in Lexington. Get outside, enjoy the sights and sounds of our local countryside, and learn the history of these areas. Meets at Habitat, 10 Juniper Road, Belmont. Return transportation provided. Limited to 18

## **\*\*\*PARENTING\*\*\***

*The following workshops are based on the Bringing Baby Home Program, based on the research of Drs. John and Julie Gottman. These workshops give parents research-tested tools and information needed to constructively address relationship changes that can be brought about by the birth of a child. The goal of the workshops are to improve the quality of life for babies and children by strengthening their families.*

<b>EMOTIONAL COMMUNICATION &amp; CHILDREN</b>			B.H.S.
Rachel Garber	Rm. 103	\$25/individual	Wed..7 - 9 pm
<i>NEW</i>		\$38/couple	1 wk. (10/20/10)

This workshop for parents of young children will help parents better understand their children who, by nature, are emotional beings and need the opportunity to explore a full range of human expression. As parents, the task of satisfying a child's emotional needs can feel monumental. Couples may agree that the emotional development is both relevant and important, but they may not know how to ensure that their child develops with a range of emotions. This interactive workshop helps parents become "emotion coaches" for their children. Through lively discussion, the instructor will help parents learn how to recognize emotions in their children, examine their own parenting style, identify four steps for emotion coaching, and realize how their relationship satisfaction impacts their parenting. \$5 material fee for handbook will be collected by the instructor at the class. *Rachel Garber. M.ED. is a certified Gottman educator.*

<b>THE TRANSITION TO PARENTHOOD</b>			B.H.S.
Rachel Garber	Rm. 103	\$25/individual	Wed. 7 - 9 pm
<i>NEW</i>		\$38/couple	1 wk. (10/13/10)

This is a workshop for new or expecting parents. Many couples know that while the transition to parenthood is a time of great possibility and hope, it can also be a time of anticipation, anxiety, and fear. When the baby arrives, the parent is born. This workshop, based on the research of Drs. Julie and John Gottman, gives couples tools to use at home that will serve as a foundation for the changes and challenges that parenthood brings. The instructor will discuss expectations after having a baby, reasons why the transition can be difficult, building friendship as a couple, and understanding the impact of your relationship quality on parenting. This workshop is also a wonderful opportunity to meet other new parents living in the community! \$5 material fee for handbook will be collected by the instructor at the class. *Rachel Garber. M.ED. is a certified Gottman educator.*

## \*\*\*PERSONAL SKILLS\*\*\*

### **BODY LANGUAGE COMMUNICATION**

Don Khoury

Rm. 103

\$50

B.H.S.

*Thur. 7-9 pm*

2 wks. (10/7, 14/10)

Understanding nonverbal communication adds value to relationship building. Often we “read” people’s body language and intuitively feel something is right or wrong but can’t quite put a finger on it. Body language communication, including hand gestures, tone of voice, dress, posture, and eye contact, contributes to a speaker’s intended meaning and the effective impact on the audience. During this two-session workshop participants will learn to understand nonverbal cues and how to react to the nonverbal cues of others. Through interactive and engaging presentations, the instructor will guide participants in the art of communication exchange that is empowering for all the people (business, friends, family) involved.

*Don Khoury is a consultant whose expertise is human communication. He conducts seminars and one on one training to business organizations to enhance their interpersonal strengths and maximize the potential of their people.*

### **JUST ONCE GUITAR FOR BUSY PEOPLE**

Julie Kinscheck

Rm. 145

\$30

B.H.S.

*Thur. 7 - 9:30 pm*

*NEW*

1 wk. (10/14/10)

Have you wanted to learn the guitar but simply have difficulty finding the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Topics covered are how chords work in a song, how to form the three main types of chords, tuning your guitar, basic strumming patterns, buying a good guitar (things to avoid), and playing along with simple tunes. Bring your acoustic guitar. Max: 15 students. Required materials (workbook and practice DVD) fee of \$29 will be collected by the instructor at the beginning of class. *For more information about Just ONCE guitar for Busy People visit [instantguitarnow.com](http://instantguitarnow.com).*

## \*\*\* RECREATION \*\*\*

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**BALLROOM DANCING - LEVEL I** B.H.S.  
Sue Katz 2nd Floor Hall *Thur. 7:00 - 8:15 pm*  
\$125/couple 8 wks. (10/7-12/9/10)

Learn to swing, waltz, fox trot and merengue—from the very beginning. In eight short weeks, you'll be amazed to find yourself ballroom dancing to all the different rhythms. You'll have the right steps for all the events and parties in your calendar. Learn how to lead or follow—your choice. The emphasis is on having fun with partner dancing. Comfortable clothes and hard-soled shoes are best. Bring some water to drink. Limit: 12 couples

**BALLROOM DANCING - LEVEL II** B.H.S.  
Sue Katz 2nd Floor Hall *Thur. 8:15 - 9:30 pm*  
\$125/couple 8 wks. (10/7-12/9/10)

Have you already taken basic ballroom dance classes in Belmont (or elsewhere)? If you know the basics of the waltz, swing, fox trot and merengue, or maybe some cha-cha, why not continue learning and dancing. We'll brush up your basic style and then add advanced fancier steps. You will be a sophisticated ballroom dancer at the end of the eight weeks. The emphasis is on having fun with partner dancing. Comfortable clothes and hard-soled shoes are best. Bring some water to drink. Limit: 12 couples

*Sue Katz performed and taught Ballroom and Latin American dance in Britain for a decade before relocating to the Boston area in 2000 where she teaches both group and private lessons.*

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**BOLLYWOOD DANCING** B.H.S.  
Angelica Scherp 2<sup>nd</sup> fl. Hall \$55 *Tues. 6:30-7:45 pm*  
*NEW* 4 wks. (10/12 - 11/2/10)

Join this dance class and discover the exuberant, glamorous and romantic moves that light up the Indian cinema. Bollywood dance is a unique fusion style dance that has now become known all over the world for its elaborate energetic musical dance numbers. It is fun, relaxing exercise, and a great workout! In this class participants will gain overall strength, flexibility and balance as they learn choreography to popular Bollywood songs and gain insights into the culture of India. Beginners are welcomed. Partners are not required. Wear comfortable clothing to the class. *Ms. Scherp has ten years of experience in teaching and choreographing Indian dance and eight years of experience in teaching bellydance.*

## **GOLF FOR BEGINNERS**

Don White                                      Cafeteria                      \$90                      Butler  
*Wed. 6:30 - 8:30 pm*  
6 wks. (10/6-11/17/10)  
**NO class 10/20/10**

Whether you have never played golf, are just beginning, or are an occasional player seeking to improve, this course can help you. Proper grip, stance and swing methods will be discussed and practiced indoors at each session for tee shots, iron play, sand traps, and chipping and putting. The rules of golf, etiquette, terminology, and club fitting for individual participants will be reviewed to enable you to feel knowledgeable and confident whether playing or just watching a match. Bring several golf clubs (owned or borrowed) to each session for hands-on swing practice. **Class limited to 12 students.**

## **\*\*\* TECHNOLOGY \*\*\***

Most courses taught in B.H.S., 2nd floor, Computer Lab. Maximum per course: 15

### **DIGITAL AUDIO REVEALED**

Richard Preston                                      \$35                      B.H.S.  
*Thur. 6:30 - 8:30 pm*  
1 wk. (11/18/10)

Do you want to take advantage of the latest in audio technology but find it all a bit confusing? This evening seminar will help you better understand digital audio for the consumer. Get the most out of those portable media devices - iPods, mp3 players, etc, so you can enjoy your favorite music and radio show podcasts. Participants will be introduced to many aspects of the new digital audio technology, including: audio file applications, streaming audio, internet applications, podcasts, as well as hardware and software recommendations. Who says you can't take it with you?

### **EXCEL (Microsoft Office 2003)**

Robert Bitgood                                      \$65                      B.H.S.  
*Thurs. 7 - 9 pm*  
3 wks. (10/14 - 28/10)

Would you like to use your computer to keep track of personal budgets, company records or finances of any sort? This course will introduce students to *Microsoft Excel*, a modern spreadsheet application, that can do all these things and more. Topics covered range from creating worksheets to using formulas to producing graphs. Any introductory or beginner book on *Microsoft Excel* is a useful companion for the course. Students can bring flash drives to save projects.

**INTRODUCTION to the COMPUTER  
AND ITS APPLICATIONS**

B.H.S.

Martha Reagan

\$95

*Tues. 7 - 9 pm*  
5 wks. (10/5 - 11/2/10)

Have you felt helpless when trying to use your computer? In this course become empowered by learning the terminology, understanding how to do basic computer functions, and practicing with computer programs. Beginning computer users will be introduced to word processing, graphics, and web browsers as well as the basic functions of starting, saving, and opening files.

**MANAGING YOUR WINDOWS FILES & DESKTOP**

B.H.S.

Robert Coate

\$40

*Wed. 7 - 9 pm*  
1 wk. (10/13/10)

Are you are a beginning user of Windows XP or Windows Vista? Or did you just transition to a new Windows 7 system, but do not know how to place your files in folders, how much space files consume, or even what types of file storage are available? Join this class to learn how to manage the computer desktop using Windows Explorer as well as utilizing computer storage space and compressing files. The instructor will teach the appropriate use of the desktop, eg.,shortcuts and version control when formatting and saving application files.. Lab time for practice will be provided. Leave this workshop more organized and in control of computer files!

**PROTECT YOUR COMPUTER!**

B.H.S.

Robert Coate

\$40

*Wed. 7 - 9 pm*  
1 wk. (10/20/10)

Everyone who owns a computer should know how to maintain and secure the computer. This informative class will show you how to be savvy in using your computer so you avoid unnecessary (and sometimes costly) computer problems. The instructor will discuss ways to protect your computer from viruses, spam and adware. Applicable to Windows XP, Windows Vista, and Windows 7, this workshop will show participants the built-in firewall options with *Windows XP*, how to use encryption, and how to update virus protectors. No expertise is needed. Bring your questions to this important class! *The instructor is a computer systems manager with the Belmont Public Schools.*



**PROTECT YOUR HOME WIRELESS NETWORK!** B.H.S.  
 Robert Coate \$40 *Wed. 7 - 9 pm*  
 1 wk. (10/27/10)

Home wireless routers provide an easy way to connect a computer(s) within your home to the Internet without complicated wiring. Unfortunately, these setups are frequently invaded by electronic intruders! This occurs because more than 50% of home setups are incorrectly configured! Through lecture, demonstration, and hands-on exercises, this workshop will teach you how to properly secure your home wireless network with techniques, e.g., encryption, hardware address filtering. Computer networking basics, e.g., IP addressing, DHCP, and DNS will be discussed to help you better understand how computers communicate on the Internet. If you own a laptop computer with wireless access, you may bring it to class.

*This workshop is the ideal complement to Protect your Computer!- Wed. 10/20/10*

**THE POWER OF E-MAIL MARKETING** B.H.S.  
 Jane Sherwin Rm. 103 \$35 *Tues. 7- 8:30 pm*  
*NEW* 1 wk. (10/5/10)

Use e-mail to build your business or organization and to nurture relationships with your members and clients! More than websites, more than direct mail, blogs, and instant messaging, email news is the most cost-effective, most powerful way to build your community—whether customers, clients, or membership. Newsletters have always been an important tool for staying in touch. And today’s electronic newsletters, in email form, are proving central to the marketing strategies of every kind of organization. In this one and a half hour session, learn why e-mail news works so well, what the essential building blocks are, and how to make them work for you.

*Jane Sherwin, owner of WordDrive Communications, is an experienced writer for small businesses and a passionate e-mail marketer. She is a certified trainer in “The Power of E-Mail Marketing” with Constant Contact.*

**TWITTER AND YOU** B.H.S.  
 Deborah Borsuk \$45 *Tues. 7 - 9 pm*  
 2 wks. (11/30-12/7/10)

Have you heard a lot about Twitter lately but don’t know what the fuss is all about? Join this two-part introductory workshop to learn about a free social networking tool that is very popular lately. You will learn how to use Twitter to post quick notes and read other users’ posts to keep up-to-date with news, friends, colleagues, organizations you care about, and places to shop. Participants will go through the steps of creating an account, locating people and organizations to follow on Twitter, and using the different features on Twitter to stay connected with the millions of people who now “tweet.”

*Deborah Borsuk is the young adult librarian at Belmont Public Library and an active Twitter user.*

**\*\*\* TODAY'S HOME \*\*\***

**INVEST IN YOUR HOME -Real Estate Staging**

Krissy FitzGerald-Waters Rm 106 \$25

B.H.S.

Tues. 7 - 9 pm  
1 wk. (10/19/10)

In today's environment, it is increasingly important to show your home in its best possible light. Real Estate Staging is the process of preparing your home for sale. It has been proven to help sell homes faster and for more money. This seminar will instruct you in the techniques that help transform your home into one in which potential buyers can envision themselves living. Techniques that will be covered are highlighting architectural elements, creating spaciousness, and low-cost updating ideas for kitchen and bath. Even if you are not selling your house, this evening will give you great ideas to implement for your own enjoyment.

*The instructor is an interior decorator and owner of KFW Interiors, LLC, in Belmont*

**NO COST DECORATING**

Krissy FitzGerald-Waters Rm. 106 \$ 25

B.H.S.

Tues. 7 - 9 pm  
1 wk. (10/26/10)

Interior Redesign is the technique behind *No Cost Decorating*. All the ingredients for a well-designed space already exist in your home, and you can achieve a new look without a large bill. This workshop will instruct you on how to transform your home with what you already own. Through basic design techniques of furniture placement (depending on room size and shape), emphasis on focal points, lighting, accessorizing and tips on hanging and displaying artwork, the instructor will teach you how to create a warm and welcoming home environment.

*The instructor is an interior decorator and owner of KFW Interiors, LLC, in Belmont.*



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## 2010 fall Calendar

	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
<b>Oct.</b>					1
	4	5	6	7	8
	X	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
<b>Nov.</b>	1	2	3	4	5
	8	9	10	X	12
	15	16	17	18	19
	22	23	24*	X	X
	29	30			
	<u>M</u>	<u>T</u>	<u>W</u>	<u>Th</u>	<u>F</u>
<b>Dec</b>			1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	X	X
	X	X	X	X	X

**Classes start the week of  
October 4, 2010**

**\*\*\* LOCATION OF SCHOOLS \*\*\***

Belmont High School (B.H.S.)  
Butler School

221 Concord Ave.  
90 White St.

## Community Education Registration Form

Please return the registration form found inside the back cover with your  
CHECK or MONEY ORDER (no cash) made payable to: ***Town of Belmont***

**PLEASE USE A SEPARATE CHECK FOR EACH COURSE.**

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Registration dates and information are located on  
pages 4 & 5 of this booklet.

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**Belmont Community Education  
644 Pleasant Street  
Belmont, MA 02478**

See page 4 for walk-in location.

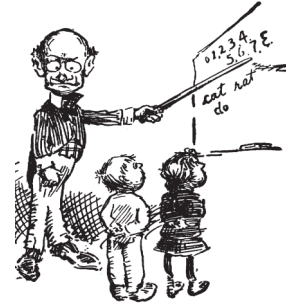
**Cash will not be accepted.**

**IMPORTANT:**

**Please make note of your course choice  
and starting date. Only if classes are  
cancelled or already filled will you be  
notified by mail.**

Would you like to teach for us?

Do you have a special interest, skill or talent you would like to share with others?



Please send a cover letter and a description of the course you would like to teach to the address below:

644 Pleasant St.  
Belmont, MA  
02478

# Belmont Community Education

welcomes ideas and suggestions  
for course offerings.

I am interested in teaching the following course (s):

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

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

Phone: \_\_\_\_\_

I would like to suggest the following course (s) and/or instructor (s).

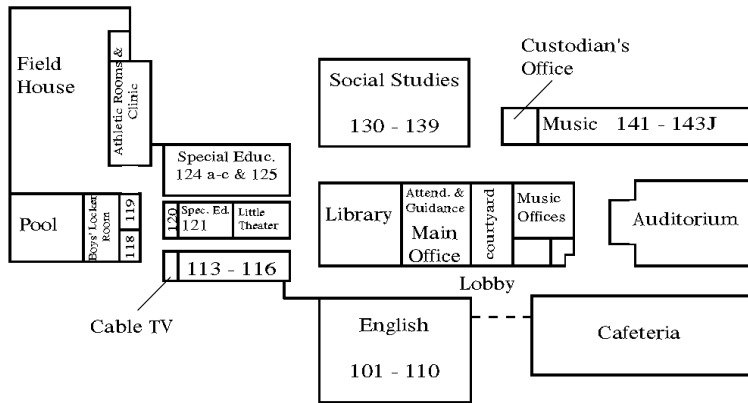
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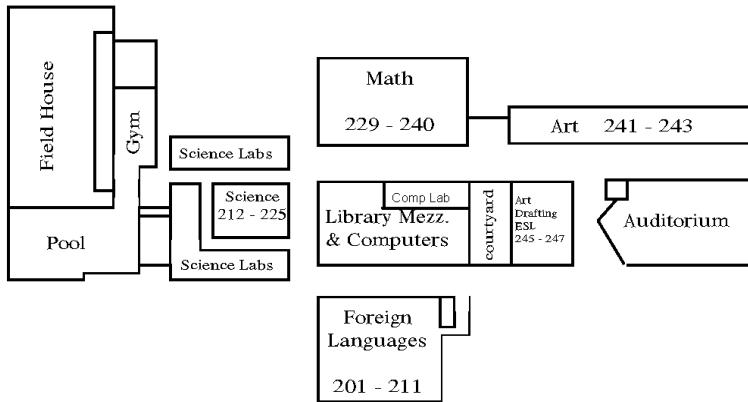
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# Belmont High School

## First Floor



## Second Floor



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Registration Form—CHECK OR MONEY ORDER (no cash)

payable to: *Town of Belmont*

**Use a SEPARATE CHECK for each course.**

Course name \_\_\_\_\_

Place and Time \_\_\_\_\_

Student's name \_\_\_\_\_ Fee: \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_  
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Registration Form—CHECK OR MONEY ORDER (no cash)

payable to: *Town of Belmont*

**Use a SEPARATE CHECK for each course.**

Course name \_\_\_\_\_

Place and Time \_\_\_\_\_

Student's name \_\_\_\_\_ Fee: \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

BELMONT PUBLIC SCHOOLS  
School Administration Building  
644 Pleasant Street  
Belmont, MA 02478  
617-993-5427

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MASSACHUSETTS 02478**

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