

READING COMMUNITY EDUCATION

WINTER/SPRING 2015



Reading Community Education
82 Oakland Road
Reading, MA 01867
781-942-9136

Website: http://bit.ly/reading_community_ed
Email: communityed@reading.k12.ma.us

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General Information

HOW TO REGISTER & PAY:

- 1) **Online-**
http://bit.ly/reading_community_ed
Please note a small fee will be charged when paying by credit card
- 2) **By mail or in person (8a.m. – 4p.m.):**
 Reading Community Education
 Office of the Superintendent
 82 Oakland Road
 Reading, MA 01867

SENIOR CITIZENS: Reading residents age 62+ may deduct 20% off course tuition. Non-Reading residents age 62+ may deduct 10% off course tuition. (Sorry, no discount for online courses). Discount is not available with online registrations, you must drop off or mail in your registration form in order to apply the discount.

REFUNDS: Refunds are subject to a \$10 administration fee. Full refunds will be given when Reading Community Education cancels a class or in case of illness or injury of registered student. If you are dissatisfied with a program, please contact us before the start of the second class for a refund. No refunds will be made after the start of the second class. Requests for refunds must be made in writing to the director before the second class. Notifying the instructor, or ceasing to attend, does not constitute official withdrawal.

CONFIRMATION: Confirmations will be sent via email.

LOCATIONS: All locations are in Reading, unless otherwise noted.

- Birch Meadow Elementary School**
27 Arthur B. Lord Dr., Reading
- Coolidge Middle School**
89 Birch Meadow Dr., Reading
- Killam Elementary School**- 333 Charles St., Reading
- Parker Middle School**- 45 Temple St., Reading
- Reading Memorial High School (RMHS)**
62 Oakland Rd., Reading
- Wood End Elementary School**
85 Sunset Rock Lane, Reading

CANCELLATIONS: Courses may be cancelled one week before the course date if enrollment is insufficient. Courses are filled on a first come, first served basis. Evening school programs will be cancelled when day school is cancelled. Call 781-942-9136 for more information.

CONTACT INFORMATION/QUESTIONS:

Sandy Calandrella
 Director of Community Education

Christina DiRico
 Community Services Coordinator

Email: communityed@reading.k12.ma.us
 Office: 781-942-9136 Fax: 781-942-9149

JANUARY 2015					1 - Holiday 2 - No School 19 - Holiday	MARCH 2015					3 - Holiday 16 - Early Release 17 - No School 20-24 - SPRING BREAK	MAY 2015					25 - Memorial Day (Holiday)
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F	
			X	X		2	3	4	5	6						1	
5	6	7	8	9		9	10	11	12	13		4	5	6	7	8	
12	13	14	15	16		16	17	18	19	20		11	12	13	14	15	
X	20	21	22	23		23	24	25	26	27		18	19	20	21	22	
26	27	28	29	30		30	31					X	26	27	28	29	
FEBRUARY 2015					16-20 February Vacation (NO School)	APRIL 2015					23 - Last Day of School	JUNE 2015					
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F	
2	3	4	5	6				1	2	X		1	2	3	4	5	
9	10	11	12	13		6	7	8	9	10		8	9	10	11	12	
X	X	X	X	X		13	14	15	X	X		15	16	17	18	19	
23	24	25	26	27		X	X	X	X	X		22	X				
						27	28	29	30								

Music

JUST ONCE GUITAR FOR BUSY PEOPLE

Have you ever wanted to learn the guitar, but simply find it difficult to find 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. Bring your acoustic guitar. **Fee includes a workbook and practice DVD.** Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes.

Instructor: Philip Kaplan

Course Fee: \$59

Monday, May 4th

6:30p.m. – 9:30p.m.

Location: RMHS Distance Learning Lab, 4th Floor

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

If you yearn to experience the joy of playing piano, but don't want years of weekly lessons, then this one-night course is for you! In just a few hours you can learn enough secrets of the trade to make piano playing part of your life. How is it done? Typical



piano lessons teach you note reading, but piano professionals use chords. You will learn how to construct major, minor, and seventh chords, transpose music and read from a fake book. Don't miss this unconventional method of playing the piano. It will enable you to finally play the music you love with ease and flair. The classroom has a digital piano for each student. Each student receives a workbook and CD for follow-up home study (\$25 value). For information please check out the instructor's website: www.EasyPianoStyles.com

NOTE: Students should know the notes on the piano and the treble clef.

Instructor: Debbie Gruber

Course Fee: \$65

Thursday, May 21st

6:30p.m. – 9:30p.m.

Location: RMHS Midi Lab

HEALTH & WELLNESS

MIND/BODY AWARENESS WITH GENTLE FLOW YOGA

Are you feeling out of sorts, tense, and stressed? This class will revitalize your body, relax the mind, increase energy, and reduce stress. Linking together traditional yoga poses to create strength, flexibility, and balance- you will learn a whole new understanding of mind/body awareness. This class is for all levels and abilities. Please bring a towel, Yoga mat, and water to every class.

Instructor: Connie Pustorino

Course Fee: \$49

Wednesdays for 6 weeks

Location: Killam Elementary School Library

1st Session

Starts: Wednesday, January 14th (no class 2/18)

6:30p.m. – 7:20p.m.

2nd Session

Starts: Wednesday, March 4th

6:30p.m. – 7:20p.m.

3rd Session

Starts: Wednesday, April 15th (No class 4/22)

6:30p.m. – 7:20p.m.



VISION BOARDING WITH FRIENDS

This is vision boarding with a twist. Relax and let your eye be drawn to images and colors that appeal to you. This is an intuitive exercise, so you don't need a reason for choosing the images that you choose. When we have all completed our vision boards there will be a surprising twist which will reveal why the images you chose make perfect sense. Although this class is called Vision Boarding with Friends, you do not need to come with a friend to sign up for the class.

Instructor: Heather Maguire

Course Fee: \$25

Thursday, February 12th

7:00p.m.-9:00p.m.

Location: RMHS Library, 3rd Floor



INVESTING IN A HEALTHY RETIREMENT

Do you want spend your time fitting in your life around endless Doctors appointments, hospital visits, and thinking about when you have to take your medications? What you do ten, fifteen, or even twenty years before you retire may determine how your retirement will look. Now is the time to take action and plan a healthy retirement. In this workshop, you will learn how to make lasting dietary and lifestyle changes to help you live a happy, fulfilling, and healthy retirement so you can do what you most enjoy!

Instructor: Sarah Dubois

Course Fee: \$20

Tuesday, March 3rd

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor



ENERGY HEALING 101

Dr. Oz has said that the future of medicine will be energy healing. Energy Healing 101 will empower you to develop a toolbox of tips and tricks that work for you. This class will give you a working understanding of the phrase "everything is energy" and why it is important to you and your health. We will touch on many aspects of energy healing and how you can easily use some of the techniques in your daily life to empower and strengthen yourself and those you love. This will be an experiential class including meditation, visualization and kinesthesiology also known as muscle testing.



Instructor: Heather Maguire

Course Fee: \$25

Thursday, March 12th

7:00 p.m.-9:00 p.m.

Location: RMHS Library, 3rd Floor

SAVE A LIFE! CPR/AED TRAINING



Come to a training on CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator). This two-hour course is video driven with a

return demonstration by each participant. There is no written exam. After successful completion of this course, each participant is eligible to receive a CPR card from the American Heart Association, valid for two years. Be sure to wear comfortable clothing. **Please note:** Participants who want to have the CPR card must pay a fee of \$7 (payable at class) to the American Heart Association.

Instructors: Mary Ellen Kirwan, RN & Cindy Ventura, RN

Course Fee: \$39

Monday, March 16th

7:00p.m. – 9:00p.m.

Location: RMHS, Distance Learning Lab, 4th Floor

ALEXANDER TECHNIQUE: INTRODUCTORY WORKSHOP

The Alexander Technique can help you change poor postural and movement habits reducing pain and tension. Experience how to use your body better in ordinary activities with the teacher's hands-on guidance. Three separate class options are available .

Please note: The class consists of one class plus one 45 minute private lesson in the instructors Wakefield office.

Instructor: Wendy Carrier, AmSAT certified teacher

Course Fee: \$60/session

6:30 p.m. – 8:00 p.m.

Location: RMHS Library, 3rd Floor

Course Materials: Please bring a blanket or mat and two paperback books for laying on the floor.

1st Session

Tuesday, March 17th

2nd Session

Thursday, April 9th

3rd Session

Wednesday, May 6th

Register Online

http://bit.ly/reading_community_ed



LIFEStyle – CHOOSE YOURS; WEIGHT MANAGEMENT

Everybody is different, and every body is different. If you want to lose weight—and keep it off—you deserve support, motivation, and know how. I've developed a program just for you. An affordable program that allows you to work with me, a Registered and Licensed Dietitian Nutritionist, face to face, surrounded by a group of others who share the same goal. What could be better than that? You should not have to miss out on foods or activities that bring joy to your life. In the quest for wellness it is essential that you maintain the aspects of eating and moving that are most important and enjoyable to you. You have your own unique style of living, and I've created this program with you in mind. "LifeStyle – choose yours" says it all. Join us for this 5 week session, where each week, you'll learn more about nutrition and wellness, and gain valuable tools and strategies for putting that knowledge to work in your own life, on your own terms. Enjoy a LifeStyle that's all your own, that invigorates you, and that inspires others.

This 5 week program includes:

- weekly goal setting and action planning
- weekly weigh-in and progress tracking
*optional
- one-on-one support via email and phone, (*as needed*)
- lifetime access to a private Facebook support group
- boat loads of encouragement and motivation

Instructor: Emily Seward RDN, LDN

Course Fee: \$72 – includes ongoing access to private Facebook support group

Wednesdays for 5 weeks

Starts: Wednesday, March 18th

7:00p.m.-8:00p.m.

Location: RMHS Library, 3rd Floor



STOP SMOKING!

You've seen the commercials; you've heard the statistics. Now is the time to do something that is good for you. Relaxation and hypnosis-like techniques will help you end the smoking addiction in one session safely and with minimum withdrawal symptoms. Reinforcement CD's available for \$30.

Instructor: Dr. Susan McCombs

Course Fee: \$40

Tuesday, March 24th

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor



SUGAR BUSTERS!



Stop the sugar habit! What if you had no desire to put anything with sugar into your mouth? What if looking at a product with sugar left you with a feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all the thinking, obtaining, and consuming of sweets got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well-balanced meals featuring fresh fruits, vegetables, and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It can, and will, happen when you take this class using hypnosis techniques of guided imagery to help you make this change at your powerful subconscious level, the part of you that guides your choices every day.

Please do not consume alcohol prior to class. Audio CD will be available for \$30 for those who wish to take the program home for reinforcement.

Instructor: Dr. Susan McCombs

Course Fee: \$40

Monday, March 30th

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor

BE GLUTEN FREE

As more and more grocery stores, restaurants and health food stores make gluten free products available, we are becoming more aware of the negative health affects for many people who unknowingly are sensitive to gluten found in wheat, barley and rye. For people with Celiac Disease a gluten free diet is essential, but many people are finding they feel better, lose weight and have more energy by eliminating gluten from their diet. We will also discuss replacing the sources of B Vitamins, magnesium, fiber, and some minerals which are found in whole wheat products. Maybe you just want to be free of white flour - the breads, bagels and pastas. This program will help you eliminate these non-nutritious products. You will be left with a feeling of indifference for these products that you release from your eating habits.

Instructor: Dr. Susan McCombs

Course Fee: \$40

Tuesday, May 5th

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor

**INTRODUCTION TO MEDITATION**

Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one night workshop to learn the basics of meditation – nothing fancy, just the basics! We will practice and experience at least three different ways to quiet the mind. You will quickly discover that just a few minutes a day devoted to this simple experience will help you manage the stress in your life and increase your overall sense of well-being. Learn to quiet the chattering mind and gain a sense of peace and tranquility. Do not consume alcohol prior to class.

Instructor: Dr. Susan McCombs

Course Fee: \$40

Tuesday, May 12th

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor

**LIVE WITH VITALITY**

We will never be younger than we are today. This is true. BUT we CAN FEEL younger! As we age, it becomes more difficult to give our bodies what they need, both nutritionally and physically. Join Emily Seward, RDN, LDN for 90 minutes of nutrition and wellness information that will energize your mind and body, and will inspire you to live a more vital life!

Instructor: Emily Seward RDN, LDN

Course Fee: \$15

Wednesday, May 13th

6:30p.m.-8:00p.m.

Location: RMHS Library, 3rd Floor

FITNESS & DANCE**SOCIAL DANCE- BASIC & INTERMEDIATE**

Come with a partner and learn to be comfortable and at ease on the dance floor. Our instructors will provide you with the basic steps of the Foxtrot, Cha Cha, Waltz, Rumba, and Swing. You will learn techniques of leading and following, while developing a feel for the different rhythms and movements of each dance. Intermediate dancers will receive a review and then progress to advanced steps based upon ability. Wear comfortable shoes and be prepared for a great time!



Instructors: Paul & Doris Demers

Course Fee: \$90/Couple

Wednesdays for 8 weeks

Starts: Wednesday, January 14th (No Class 2/18)

7:00p.m. – 8:00p.m.

Location: Coolidge Middle School Cafeteria

SOCIAL DANCE- ADVANCED

Advanced class will review the basic steps with the addition of new steps plus various steps in other rhythms of choice such as Tango, Bolero, and Mambo.

Instructors: Paul & Doris Demers

Course Fee: \$90/Couple

Wednesdays for 8 weeks

Starts: Wednesday, January 14th (No class 2/18)

8:00p.m. – 9:00p.m.

Location: Coolidge Middle School Cafeteria

BELLY DANCING

Come and try belly dancing! It is fun and a great way to get fit and toned! The class is for women of all ages and body types. In this class, you will learn the captivating rhythms of the brass finger cymbals, the graceful flowing veil, and basic moves of traditional belly dance while dancing to the sounds of Middle Eastern music. If there is interest, we will go on a field trip to see a belly dance performance. Wear comfortable clothes and come have fun!

Instructor: Dunia

Course Fee: \$50

Tuesdays for 8 weeks

Starts: Tuesday, March 24th (No class 4/21)
7:00p.m. – 8:00p.m.

Location: Birch Meadow School Gymnasium

STRENGTH & TONE

This is a class for anyone who wants to get fit or improve their fitness level! This sculpting and toning class will use a combination of hand weights and a variety of exercise equipment to strengthen and tone every major muscle group in your body. Co-ed class and all levels of fitness are welcome! Please bring a Yoga mat and hand weights to every class.

Instructor: Connie Pustorino

Course Fee: \$49

Wednesdays for 6 weeks

Location: Killam Elementary
School Gym

1st Session

Starts: Wednesday, January 14th (No class 2/18)
5:30p.m. – 6:20p.m.

2nd Session

Starts: Wednesday, March 4th
5:30p.m. – 6:20p.m.

3rd Session

Starts: Wednesday, April 15th (No class 4/22)
5:30p.m. – 6:20p.m.

**MEN'S FITNESS**

This course is designed for men. It offers exercise and conditioning within a slower paced team sport concept (Basketball).

Course Fee: \$50/session

Location: Parker Middle School
Gymnasium

Tuesdays for 10 weeks

Coordinator: Ron McLaughlin

Starts: Tuesday, January 6th
7:00p.m.-9:00p.m.



Thursdays for 10 weeks

Coordinator: Dan Merlin

Starts: Thursday, January 8th
8:00 p.m. – 10:00 p.m.

WOMEN'S FITNESS

This course is designed for women. It offers exercise and conditioning within a fast paced pickup style basketball game.

Coordinator: Liz Richissin

Course Fee: \$50

Mondays for 10 weeks

Starts: Monday, January 5th
7:00 p.m. – 9:00 p.m.

Location: Parker Middle School Gymnasium

HOBBIES & SKILLS

KNITTING: BASICS & BEYOND

Do you want to learn how to knit or expand the knitting skills that you already have? Instruction during this class will begin at the level where you are comfortable and will move you along at a pace that is just right for you. No pressure...really! Optional project will be presented at different skill levels. There will be plenty of opportunity for individual attention. Please bring size 6, 7, or 8 metal or plastic knitting needles, along with a light colored worsted weight yarn (the labels will indicate the "weight") to the first class. *Class size maximum = 8 students.*

Instructor: Debra Kass

Course Fee: \$95

Mondays for 8 weeks

Starts: Monday, January 26th
(No class 2/16)

7:00 p.m. – 9:00 p.m.

Location: RMHS Library, 3rd Floor



Register Online

http://bit.ly/reading_community_ed

PAINT NIGHT!

Looking for a fun night out? Have you heard of those popular painting classes where you take home your own beautifully painted canvas at the end of the night? Well try one out! It is a fun and relaxing way to spend some time. Previous painting experience is not necessary, just come unlock your inner artist! We will all work on the same design, but the finished product will be individually yours. All supplies are included.



Instructor: Martha Salz

Course Fee: \$35

Location: Grumpy Doyles, 530 Main Street, Reading
7:00 p.m. – 9:00 p.m.

1st Session

Wednesday, February 4th

2nd Session

Wednesday, February 25th

3rd Session

Wednesday, March 11th

FURNITURE REFINISHING

This course is designed to give the student the basic knowledge of furniture repair, restoration, and refinishing. Each student will be expected to provide their own materials (aided by the instructor's expertise) and to bring a piece of furniture. Supply list will be emailed prior to the start of class. There is no storage space provided for furniture.

Instructor: Stephen Trites

Course Fee: \$80

Thursdays for 8 weeks

Starts: Thursday, February 5th

7:00 p.m. – 9:00 p.m.

Location: RMHS Back Stage Room

(2/12, 2/26, 3/12, 3/19, 3/26, 4/2)

RMHS Art Room 226

(2/5, 3/5)



EMERGENCY PREPAREDNESS

Have you wanted to get an emergency plan in place, but just never knew where and how to get started? Then this is the class for you. In this class you will learn how to:

- Develop a preparedness plan so all family members are clear about what to do in any emergency
- Create a kit that provides the essentials you will need
- Access the Town of Reading's Emergency Communication Plan to keep residents informed in any emergency situation
- Create an Emergency Binder

You will also receive copies of emergency plan forms, list of suggestions to build your emergency kit and a list of important documents to create your Emergency Binder.

Instructor: Claire Newman

Course Fee: \$30

Thursday, February 5th

7:00p.m.-8:00 p.m.

Location: RMHS Library, 3rd Floor



LEARNING THE LANGUAGE OF WINE

Would you like to know more about wine but don't know the first thing about it?

Have you ever wandered into a wine shop and become confused by a bewildering array of wines and didn't know where to begin? What is all that swirling and sniffing about anyway? Selecting wines based on what you happen to like, (wines that are based on your own palate), is a better way than relying solely on price, eye-catching labels, or point scores from wine magazines. During this 90 minute presentation, you will learn the differences among three white wines and the differences among three red wines. You will learn to identify the wines you like, and to understand the reasons why you like them. You will then learn how to use this information to make it work for you the next time you buy wine. This program is ideal for novices, as well as for wine enthusiasts looking to expand their knowledge. Attendees must be at least 21 years old.

Instructor: Ron Homan, Certified Wine Educator

Course Fee: \$20 (fee will cover wine and cheese)

Monday, February 9th

6:30 p.m. – 8:00 p.m.

Location: Wine-Sense, 166 N. Main Street, Andover



HOME BUYERS CLASS

Many potential homeowners are intimidated because they feel the home buying process is complex. One way to minimize the fear of the home buying process is to provide clear and consistent information and high quality guidance for buying a home. The objective of this course is to help answer the many questions you have regarding the home buying process.

- brokers, finding a home and making an offer
- mortgage lenders, credit history, loan options
- home inspection
- what happens at closing

Instructor: Bill Keating

Course Fee: \$15

6:00 p.m.-9:00 p.m.

Location: RMHS Library, 3rd Floor

1st Session

Tuesday, February 10th

2nd Session

Thursday, March 26th

WRITER'S WORKSHOP

Are you a writer? Are you trying to get back into writing? What better ways to work on your craft then surround yourself with other writers? The writers workshop will provide a safe creative environment to share and further develop your writing. You will have the opportunity to work with peers and the instructor to edit and draft your writing. Each class will include writing prompts to challenge writers as well as looking at each student's individual writing. This could be something new developed during class time or a piece you are currently working on or even one you've dusted off and think should see the light! You will receive informal class/peer feedback as well as formal editing and feedback from the instructor. Join us for some writing and sharing as we further develop your craft.

Instructor: Lisa Norcross

Course Fee: \$165

Tuesdays for 8 weeks

Starts: Tuesday, February 24th

6:30 p.m.-8:30 p.m.

Location: Wood End Elementary School, Library

SPANISH I: AN INTRODUCTORY TO SPANISH

This course is an introductory course to Spanish. However, those with some Spanish background will be engaged and increase their knowledge and proficiency. The course will be taught using thematic vocabulary and grammatical structures in order to develop oral and written proficiency. No prior experience necessary. Course focus will be tailored to the needs of the students. A notebook is needed for the first night of class.

Instructor: Laurie Smith, RMHS Spanish Teacher

Course Fee: \$180 (includes cost of textbook)

Wednesdays for 10 weeks

Starts: Wednesday, February 25th

(No class 4/22)

6:30 p.m.-8:30 p.m.

Location: RMHS Classroom 224



DIGGING OUT FROM UNDER YOUR PAPER PILE

The purpose of this class is to help students feel comfortable with processing the many different types of papers that come into their lives. Creating filing systems or structures to take the fear and dread out of what to do with "papers" will be demonstrated. After attending this session, students should be able to recognize the difference between important versus unimportant papers by asking questions that help in the decision making process and be able to quickly process paper into categories.

Instructor: Dawn Link, Certified Professional Organizer

Course Fee: \$25

Wednesday, March 4th

7:00p.m. – 8:30p.m.

Location: RMHS Library, 3rd Floor



Register Online

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NO MAINTENANCE GARDENING

Gardening trends embracing locally grown heirloom vegetables, Farmer's Markets, Sustainability and Organic growing practices has created a need for gardeners wishing to increase their understanding of plants and gardening techniques. This lecture is designed for individuals seeking a more balanced gardening approach by improving their skills and understanding of plant care. This session includes discussions on soil preparation, plant selection and propagation, landscaping and garden design, lawn care, pest management, yard maintenance, tool selection and other subjects of interest related to the growing season.

Instructor: Peter Coppola

Course Fee: \$25

Saturday, March 7th

9:00a.m.-12:00p.m.

Location: RMHS Art Room 226



INTRO TO IMPROVISATION

Have fun in a relaxed atmosphere learning the basic skills of improvisation. Explore this special art form that can sharpen your ability to think on your feet and build confidence in public speaking.

Instructor: Angela Merrill, Colonial Chorus

Players

Course Fee: \$120

Wednesdays for 10 weeks

Starts: Wednesday, March 25

(No class on 4/22)

7:00 p.m.-8:30 p.m.

Location: RMHS Distance Learning Lab, 4th Floor



NEW ENGLAND'S WILD, WACKY, WEIRD WEATHER

Weather is the one topic that affects all of our lives. From simply messing with our plans, to causing all out catastrophe, weather touches all of us. And New England is home to some of the most interesting and volatile weather in the entire world. It is no exaggeration that "wait a minute weather" was borne right here where we live. In this six week, exciting, interactive course, and through the use of discussion, videos, demonstrations and easy and fun hands-on experiments, you will discover how and why the weather works. We will also touch upon such "hot button" topics such as the Polar Vortex (which is always present) and Climate Change. Course includes a visit by a local meteorologist. Free refreshments provided by the host during the first session!

Instructor: Frank Sanfilippo

Course Fee: \$85

Wednesdays for 6 weeks

Starts: Wednesday, March 18th

7:30 p.m. - 9:30 p.m.

Location: RMHS Distance Learning Room, 4th Floor



RED CROSS BABYSITTING COURSE

This course gives students the knowledge and confidence to care for infants and school-age children. Combining video, activities, hands-on skills training and discussion for a complete learning experience. Babysitter's Training teaches students to:



- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Communicate with parents to learn household rules
- Make decisions under pressure
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper, and care for infants
- Start their babysitting business

Be sure to bring a notebook and pen/pencil as well as water and a lunch.

Instructor: Certified Red Cross Instructor

Ages: 11-15 years

Course Fee: \$115

Saturday, March 28th

9:00 a.m. -3:30 p.m.

Location: RMHS-Distance Learning Lab, 4th Floor

EXTREME COUPONING

Do you want to learn how to save up to 50-100% on groceries including meat, dairy, seafood, organic food, produce and more? In this class, you will be taught how to save on back to school items, household goods, clothing, medication, office supplies, customized items and **MORE!** This is done every day in our local stores and you can learn how to do it, too! Don't just survive in this difficult economy, but **THRIVE!** This is a fun 2½ hour class. Come and learn the tricks of the trade and start saving your hard earned money today! Elizabeth has gotten a \$375 grocery bill down to \$0 with coupons and you can do it too! As a suggestion, please bring to this event one or more non-perishable food item(s) to be donated to the local food pantry. Most food pantries are struggling and donations are down more now than in recent years. Your help is greatly appreciated.



Instructor: Elizabeth Lahens

Course Fee: \$25

Monday, March 30th

6:30p.m. - 9:00p.m.

Location: RMHS Classroom 205

**BATTERED CAREER SYNDROME AND YOU 2.0**

Are you feeling confused, isolated and powerless? If you do, you are probably suffering from "Battered Career Syndrome" ®. Suzanne Gray and Margie Pascetta will facilitate this transformative workshop that will get you from unEmployment to Empowerment, from Frustration to Freedom. You will gain insight on your circumstances by exploring common fears, motivators, what gets you excited and what you feel confident about. You will then develop the goals and priorities needed to set you on the path to the new and improved YOU 2.0 ®.

Instructor: Suzanne Gray & Margie Pascetta

Course Fee: \$10

Tuesday, March 31st

6:30 p.m.-8:00 p.m.

Location: RMHS Library, 3rd Floor

CALLIGRAPHY

If you can print, you can learn the art of calligraphy. Come have fun and learn the different strokes of the alphabet to make beautiful personal invitations, cards, or a piece to frame. Supplies needed: Felt tip "calligraphy" pen and paper.

Instructor: Lynda Trotta

Course Fee: \$40

Thursday, April 9th

6:00 p.m. -8:30p.m.

**Location: RMHS Library,
3rd Floor**

**WRITING SESSION II: EDITING AND REVISING FOR THE EXPERIENCED WRITER**

This class is for experienced writers who are currently working on pieces of writing. This workshop style class will focus on editing and revising writing. The class will start with warm up writing exercises then the majority of the class will be spent reading, editing and revising writing to make a final product. Writers will have opportunities to work with other writers in a comfortable setting focusing on key storytelling elements such as story openings, description, detail, voice, etc. Writers will also conference with the class facilitator and provide feedback to their peers. The ultimate goal of the class is to take a piece of writing and develop it fully whether it is a short story, a chapter in a longer piece or something else. This class is a great place to fully develop your creativity and passion for writing while surrounded by others with similar goals. It is also a perfect next step for the growing writer. Please come to the first class bringing pieces of writing or at least beginning of writings to work on.

Instructor: Lisa Norcross

Course Fee: \$125

Tuesdays for 6 weeks

Starts: Tuesday, April 28th

6:30 p.m.-8:00 p.m.

Location: Wood End Elementary School, Library

Register Online

http://bit.ly/reading_community_ed

INVESTMENT & FINANCE

BEFORE YOU TAKE A CLASS

Our financial courses are not intended to substitute for individual financial counseling or legal advice. Neither RCE nor the Reading Public Schools may give specific advice on personal investments. Please don't make any financial decisions based on recommendations from our independent instructors without first checking with your own advisors about the suitability of such actions.



HOW TO CREATE A FINANCIALLY SECURE & MEANINGFUL RETIREMENT

A retiree lives on average 20 years after leaving the work force. Our goal is educate and motivate you to find and consider all your options and needs to create your ideal retirement. This work shop will focus on the following objectives:

- Discuss strategies on how to increase your savings
- Learn how to make your money last, and understand the risks of out living your nest egg
- Discover what is most meaningful to you and your purpose during retirement
- Understand the basic principles of social security and retirement accounts
- Increase your awareness of the emotional aspects of retirement
- Learn the importance of a plan, and preparation needed to avoid the challenges of retirement

Please join Life Coach Shauna Gullbrand and Financial Planner Beth Hughes for this fun, educational and interactive workshop.

Instructor: Beth Hughes, Financial Planner & Shauna Gullbrand, Life Coach

Course Fee: \$15

Thursday, February 26th

6:30 p.m.-8:30 p.m.

Location: RMHS Classroom 205



MAXIMIZE YOUR SOCIAL SECURITY BENEFITS

Social Security is a foundational piece of the retirement income puzzle. Understanding the fundamental rules and recognizing the options and benefits available is critical. The decision of when and how to claim benefits is unique to each person or couple. This course will cover the basics, provide strategies to help you maximize benefits, and go over the taxation of those benefits. It is designed for those close to retirement, but not yet collecting social security, or those that have been collecting for less than a year.

Instructor: George Bowen, Financial Advisor

Course Fee: \$10

7:00p.m.-8:30pm

Location: RMHS Library, 3rd Floor

1st Session

Tuesday, March 3rd

2nd Session

Wednesday, May 6th

YOU CAN AFFORD COLLEGE IF...

...you PLAN in advance

...you UNDERSTAND the financial aid process

...you ACT early enough to be successful

Financial aid goes to the families who **plan** in advance- ideally before December 31st of the child's **sophomore year** of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by **understanding** the process and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who **act** in the years before college. **REMEMBER: Procrastination equals less financial aid.** All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at www.collegefundingadvisors.com.



Instructor: Don Anderson

Course Fee: \$15 per Individual, \$20 per Couple

Thursday, March 19th

7:00p.m. - 9:00p.m.

Location: RMHS Distance Learning Room, 4th Floor

PARENTING PERSPECTIVES



YOU AND YOUR PICKY EATER

Is mealtime a source of frustration for you and your young children? Learn what is really going on when your child says, "NO!" and explore ways to overcome common obstacles to healthful, happy eating. You will leave this workshop with renewed confidence and a collection of strategies for making a positive shift in your mealtime routine. Take the stress out of mealtime and teach your "picky" eater how enjoyable food can be.

Instructor: Emily Seward

Course Fee: \$30 – Includes 1-month of unlimited support via phone

Wednesday, February 11th

6:30p.m.-8:30p.m.

Location: RMHS Library, 3rd Floor



HOW TO SURVIVE SCHOOL THE SECOND TIME AROUND (FOR PARENTS)

Most parents don't think about the fact that when their children start to go to school, it means that they need to hit the books - again - too! But school has changed a great deal in the last decade or two, so it pays to be prepared! We'll take a look at some of the most pressing current issues parents face as they have to survive school the second time around; this time, with their kids.

- What is the Common Core, and what does it mean for my kids?
- What is going on in the classroom and how can I help my kids?
- How can we reframe learning so it is more enjoyable?
- What are the essentials that we need to provide for our kids so they have the best chance of success?
- What do I do when my kid resists doing homework?

Instructor: Deborah Owen

Course Fee: \$72

2 Tuesdays – January 27th & February 3rd

7:30 p.m. – 9:00 p.m.

Location: RMHS Library, 3rd Floor



HOW TO HELP YOUR TEEN USE, NOT ABUSE, SOCIAL MEDIA AND THE INTERNET

The internet has many potential pitfalls, as well as many golden opportunities for connecting with people around the world. We worry - rightly - that kids will mis-use the internet, especially social media. We also worry that they often are not very engaged in school and learning. What if we combine the two, so that the online use of social media becomes a classroom? We will explore a model for using social media well, based on the 6 Cs.

- How do we prevent our kids from abusing the internet, and encourage them to stay safe?
- The 6 C model of social media use:
 - Care/Serve
 - Connect through Community
 - Curate
 - Create
 - Collaborate
 - Communicate

Instructor: Deborah Owen

Course Fee: \$72

2 Tuesdays – February 10th & February 24th

7:30 p.m. – 9:00 p.m.

Location: RMHS Library, 3rd Floor

ONLINE COURSES

If you love to learn or need new skills but just can't find the time for our in-person classes, try learning at home with our online courses! Our instructor-facilitated online courses, offered through Education2Go, are informative, fun, convenient, and highly interactive. All courses run 6 weeks (within a 2-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more! You can complete any course entirely from your home or office at any time of the day or night. Most of our 200+ courses cost just \$79!

To Enroll, go to:

www.Ed2Go.com/readcomed

INSTRUCTOR BIOS

DON ANDERSON has been working with college strategies since 1990 and has successfully guided his three children through the financial aid process. As a College Funding Advisors Associate, he now lectures extensively throughout the greater Boston area on his experience and insights in the financial aid system.

GEORGE BOWEN CFP, AIF works as a Financial Advisor at Capital Management Partners, LLC, located at 100 Corporate Place, Suite 306 in Peabody, MA. He has been helping people plan for retirement for over 10 years. George and his family live in Reading. And is a Registered Investment Adviser.

WENDY CARRIER has been teaching the Alexander Technique in Wakefield for 11 years. She graduated from the 3-year training program at the Alexander Technique Training Center in Newton. Wendy is also a dental hygienist. She initially took private lessons in the Alexander Technique to alleviate neck and hand pain. Through the Alexander Technique she was able to change poor postural habits, improve how she used her body and eliminate the pain she was experiencing.

PETER COPPOLA earned his Master Gardner certification in 2003. He began his career as a mechanical engineer and in 1999, as a hobby, he began to produce gardening articles and related videos for the Burlington weekly newspaper. He continues to write a weekly newspaper Germinations column published by GateHouse Media and provides lectures, workshops and classes throughout Middlesex County.

PAUL AND DORIS DEMERS are nationally certified ballroom dance instructors who teach at many locations on the north shore, on cruise ships, and at resorts. They also provide DJ services for parties.

SARAH DUBOIS is a Certified Integrative Nutrition Health Coach who received her training at the Institute for Integrative Nutrition. Her practice focuses on eating whole foods to increase energy and vitality, lose weight, reduce stress, and get better sleep while incorporating life style changes that lead to happier, fulfilling lives for her clients. Sarah conducts private coaching sessions, workshops, and seminars while supporting those who are ready to take responsibility for their health and wellness.

SUZANNE GRAY AND MARGIE PASCETTA each own and operate independent offices of The Entrepreneur's Source, the leading self-employment coaching organization in North America. They educate clients about business ownership as a career option and help them to explore businesses that meet their specific criteria, using a step by step process. As members of The Entrepreneur's Source network, they co-authored a book, "Your Career 2.0 - A Survival Guide for Battered Career® and Investor ® Syndrome" which is available on amazon.com. They co-founded and co-facilitated Career Transitions of Greater Boston, a free weekly workshop for professionals in career transition for five years. They have also both personally made transitions from employees to entrepreneurs. They offer Complimentary Coaching Services to professionals who are interested in learning more about self-employment and business-ownership options.

DEBBIE GRUBER has a Master of Music degree from Western Michigan University and is a private voice and piano teacher in Burlington, MA. She is the President of www.EasyPianoStyles.com.

RON HOMAN is a certified wine educator and recognized as a Certified Specialist of Wine by the Society of Wine Educators of Washington, D.C. Ron also received Advanced Certification from the Wine and Spirits Education Trust, an international organization headquartered in London. He currently conducts wine seminars for businesses and wine shops in the local area. A list of classes include: 'Learning the Language of Wine', 'Champagne and Sparkling Wine', 'Wine and Health', 'Enjoying Wine on a Budget', 'A Wine Journey Through Italy', 'Bordeaux and Burgundy', 'An Introduction to Port', 'Wines for a Hot, Summer Day', and 'Tips on Ordering from a Restaurant Wine List', among others.

PHILIP KAPLAN has a B.M. degree in Guitar Composition from the New England Conservatory in Boston. He currently teaches K-8 General Music at the Odyssey School in Wakefield, Massachusetts.

DEBRA KASS is an avid knitter who enjoys sharing her passion for knitting with her students.

INSTRUCTOR BIOS

WILLIAM KEATING - Keating Law Office was founded by its principal, Attorney William G. Keating, in 2005 in Reading, Massachusetts. We pride ourselves on attention to detail and great client services. Our active real estate practice represents home buyers, Sellers, developers, investors, lenders, and business users in the acquisition, development, financing, sale and leasing of real estate. We are familiar with handling the legal analysis and documentation in all real estate transactions

MARY ELLEN KIRWAN, Mary Ellen Kirwan, RN, MEd, NCSN has been a pediatric nurse for 30 years. She is a Reading resident, and has been a school nurse for the district for the past 14 years

ELIZABETH LAHENS is the owner and founder of Extreme Coupon Today. She is married, a mom and lives in Massachusetts. She grew up the youngest of 6 children. Elizabeth is proud to be an extreme couponing pioneer. She is honored to teach in over 30+ adult continuing education programs as well as in colleges and much more. She has taught many corporate events including an event at the prestigious Marriott Copley Hotel in Boston for the Massachusetts Association of Insurance Agents "Big Event"; she was also the guest speaker at the Nicholas College "Empowering Women In Business" event.

DAWN LINK owner of Resolutions, is a Certified Professional Organizer®. She has been organizing clients for over 17 years throughout the greater Boston area. Her focus is on helping clients in life transitions and managing the papers in their lives.

HEATHER MAGUIRE has a BS in Psychology from Boston University. She is an intuitive coach and teacher. She hosts classes on a wide variety of subjects that are designed to introduce people to their personal power www.lifeandfriendship.com

ANGELA MERRILL holds a B.A. in English from UMASS Lowell and has been teaching/directing theatre for over 14 years. She has directed many shows including but not limited to: **Beauty and the Beast**, **Grease**, **Once Upon a Mattress**, **Annie Jr.**, **Into the Woods Jr.** and **FAME**. Angela currently works as the Education and Membership Coordinator for RCTV Studios and is also the President of Colonial Chorus Players.

DR. SUSAN MCCOMBS has a doctorate in C.O.R.E. counseling and is a Board Certified Clinical Consulting Hypnotherapist. She combines her skills from many years of study to help people change unwanted behaviors at the subconscious level. www.bedfordempowerment.com

CLAIRE NEWMAN is a professional organizer, a member of NAPO, and the owner of Clearly Organized Living. As a professional organizer, Claire helps her clients develop new habits and routines to create a peaceful and functional home and office. She is a long time Elementary school teacher with a Master's degree in Special Education and has taught in area school systems.

LISA NORCROSS is a library media specialist and current assistant principal for Wood End Elementary School in Reading. She has a degree in English and writing and has recently taught several writing courses through continuing education.

DEBORAH OWEN is a parent and life coach in Massachusetts. With the experience of having raised three children to young adulthood, as well as many years as a public school librarian, she turned to parent coaching so she can have greater impact on the success and well-being of kids by empowering their parents to be the best they can be. Deborah is the Founder of YouCanRaiseGreatKids.com and is available for coaching and speaking appointments. Her book is *Social Media Fascination*.

CONNIE PUSTORINO has been in the fitness industry for 13 years and is very passionate about health and wellness. She teaches a variety of group exercise classes with a specialty in Boot Camp, Nutrition, and Yoga. She is certified through AFAA, SCW, NESTA, and YogaFit.

MARTHA LENOX SALZ hand-paints clothing, signs and furniture, and for 12 years sold her items at craft shows throughout New England. Recently she has taught after-school art classes in the Reading elementary schools.

INSTRUCTOR BIOS

EMILY SEWARD is a mother of two and a Licensed and Registered Dietitian Nutritionist with more than a decade of experience educating and motivating individuals and families. Emily consults for North Suffolk Mental Health Association, Harbor Area Early Childhood Services, where she provides home-based nutrition education to families with children less than three years of age. Emily is also the owner of *Culinary Kids*, an after-school enrichment program for elementary school children and *Emily Seward, RDN* where she coaches individuals toward achieving their weight loss or other health and nutrition related goals. You can learn more about Emily at www.emilyseward.com.

FRANK SANFILIPPO is a weather enthusiast and hobbyist who has been monitoring and tracking New England weather since a young child, for over 50 years. In addition to being a Weather Spotter for the town of Stoneham, he is also a Weather Spotter for the National Weather Service.

LAURIE SMITH is a Massachusetts certified Spanish teacher for grades five through 12. She has been teaching at Reading Memorial High School since 2007.

STEPHEN TRITES has more than 40 years of experience in restoring fine furniture. He is the owner of Furniture Restoration, located in Reading.

LYNDA TROTTA has been a Reading resident for 35 years. She has taught Calligraphy for 15 years and loves creating different pieces to bring out the writing of Calligraphy.

DUNIA WEBBER teaches the art of belly dancing to women in the area and has enjoyed this art form for over 3 decades. She has also belly danced on stage in the '80s in the Middle Eastern night clubs for several years.

If you would like to teach a class for
Reading Community Education please
contact Christina DiRico at
Christina.Dirico@reading.k12.ma.us
Or call 781-942-9136



DRIVERS EDUCATION PROGRAM

The Reading Community Education Department is excited to announce the reinstatement of the Drivers Education Program here at Reading Memorial High School. The cost of the program has been set at **\$675** as we have tried to make this an affordable alternative to other driving schools. Overall, our main focus is quality instruction and therefore we have set a limit of the number of students for each session to ensure students complete the in-class and on-road instruction in a timely manner. Below are more details regarding our program:

- The \$675 fee of the course includes:
 - 30 hours of classroom instruction
 - 2 hour parent/guardian meeting
 - 12 hours of on-road driving instruction; 6 hours of driving observation
- All instructors are RMV certified and go through a 65 hour training course and are required to pass an instructor certification exam in order to teach
- The Drivers Ed vehicle is a brand new 2014 Ford Focus with a 5 star overall safety rating

Questions? Contact the Community Ed Office at
781-942-9136 or communityed@reading.k12.ma.us

WINTER/SPRING 2015 REGISTRATION FORM

NAME: _____

EMAIL ADDRESS: _____

ADDRESS: _____
(STREET) (TOWN) (ZIP CODE)

DAYTIME PHONE: _____ CELL PHONE: _____

EMERGENCY CONTACT (NAME & NUMBER): _____

COURSE SELECTION

1) _____
(COURSE NAME) (COURSE START DATE) (FEE)2) _____
(COURSE NAME) (COURSE START DATE) (FEE)3) _____
(COURSE NAME) (COURSE START DATE) (FEE)

TOTAL FEE: _____ CHECK #: _____ (PAY TO TOWN OF READING- ADULT ED)

I, _____, do hereby forever release, acquit, discharge, and covenant to hold harmless the Town of Reading/Reading Public Schools and its successors, employees, agents, servants, and officers from any and all actions, causes of action, and claims, demands, damages, costs, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may have now or hereafter have from my participation in the Reading Public Schools evening/summer programs. Furthermore, I hereby agree to indemnify, reimburse, or make good to the Town of Reading/Reading Public Schools or its employees, agents, servants, and officers any loss or damage or costs, including attorney's fees, the Town or its representatives may incur if any litigation arises from my intentional, grossly negligent, or reckless acts or omissions while participating in said Reading Public Schools evening/summer programs. I understand that these programs may involve physical activity and hereby state that I am in proper physical condition for participation in such programs. I have fully read and understand the terms of this release and waiver.

Signature: _____ Date: _____

Reading Community Education
82 Oakland Road
Reading, MA 01867

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