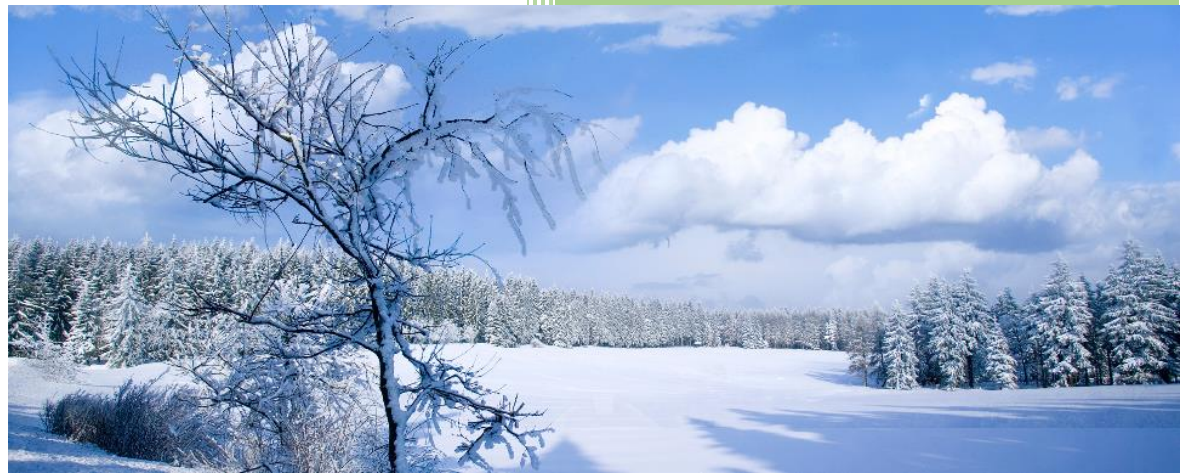


# Center for Adult Education & Community Learning

Franklin Public Schools  
Lifelong Learning Institute



## Winter 2017



The Center for Adult Education & Community Learning, a program of the Franklin Public Schools Lifelong Learning Institute, is dedicated to providing quality learning experiences for residents in the Town of Franklin and surrounding communities.

If you are searching for education through learning, socializing and/or fitness, you have selected the right place.



218 Oak Street Franklin, MA 02038

[www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com)

[adulted@franklin.k12.ma.us](mailto:adulted@franklin.k12.ma.us)

508-613-1480

# Registration, Policies & Procedures



HELLO! Here at the Center for Adult Education & Community Learning, we want to welcome you to another exciting semester of learning, exploration and fun. We hope you and your friends will join us. As you explore the Winter, 2017 Brochure you will notice some “back by popular demand” opportunities. Don’t be shy. Jump in and experience these programs.

*Brenda Reed, Director*

*Center for Adult Education & Community Learning*

## ***You can register online, by mail or by telephone.***

**Online:** You can register online by selecting the magenta colored box at the top of the page that reads, "View All Adult Education Offerings". You can view the course offerings and when you find the course you want, you select it and follow the prompts to register. ***(Note: All online registrations require a credit card and are handled through a secure website. The credit card charges will state "Lifelong Learning" on the billing.)***

**Telephone:** To register by telephone, call our office Monday through Thursday from 1:00pm to 7:00pm. The number is 508-613-1480.

**US Mail:** Download a registration form and mail it to us with your check payable to the Town of Franklin. Our address is Center for Adult Education & Community Learning, Franklin High School, 218 Oak Street, Franklin, MA 02038.

**Note:** You do not need to live in Franklin. Franklin Adult Education and Community Learning courses are open to all area residents, including children and teenagers through Kids Corner and selected program offerings. We also offer online courses through ed2go and Gatlin Education Services. Visit our Virtual Academy for additional information.

**Course Withdrawal Policy – *If you withdraw from a course two weeks prior to the course start date, you will receive a full refund, less a \$10 processing fee.***

***If you withdraw from a course between 7 to 14 days before the course start date, you will receive a voucher for half of the registration fee for use at another time.***

***If you withdraw less than 7 days before the course start date, there are no refunds unless there is a medical reason and it is documented by a physician. A documented medical request will be a full refund less a \$10 processing fee.***

**Course Cancellation Policy –** The Center for Adult Education & Community Learning reserves the right to cancel any course due to low enrollment. If your course is cancelled, you can either request a full refund or transfer to another course of your choice, space permitting. We hate to disappoint you by cancelling classes that are under-enrolled.

Please register at least two weeks prior to the start of an Adult Education class. We depend on student tuition to run classes and pay instructors and need to plan accordingly. Please register early. Thank you.

**Course Discounts** – People 65 years of age and older may enroll in most courses at a 10% discount. Some restrictions apply. There is no senior discount on food and wine courses or off-site courses with private providers.

**Snow Cancellation Policy** – Classes will be made up if they were postponed due to extreme weather conditions or at the request of the instructor. If there is a storm, call the office at 508-613-1480 or log onto the Adult Education web site – **[www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com)** – for cancellation information. If the instructor needs to cancel a class, we will advise you by email.



**Art, Music and Leisure**

**Dance, Exercise & Fitness**

**Financial Planning**

**Food and Wine**

**Kids' Corner**

**Language**

**Photography**

**Sports**

**Meet our Instructors**



**ART,  
MUSIC**

## AND LEISURE

### Chorus

#### Adult Community Chorus

Jill Noddin

The music continues. After another successful season, Franklin Forte, the

Adult Community Chorus is back. The non-audition performance chorus will continue to provide participants in Franklin and the surrounding communities with the opportunity to expand their knowledge of singing in a group ensemble. Whether you have participated in a chorus previously OR if this is your first experience, this class is for you. Don't miss out.

**Day/Dates:** Tuesdays, January 10, 17, 24, 31, Feb. 7, 14

**Time:** 7:00 – 8:30 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$60

#### Group Voice Lessons for Adults

Jill Noddin

An excellent way for younger or older adults, whether beginner or intermediate, to participate in the study of voice in a non-performance group setting. Classes will deal with basic vocal technique including good posture, breathing, phrasing, and interpretation of song literature. Purchase of a songbook is required.

**Day/Dates:** Mondays, January 9, 23, 30, Feb. 6, 13, 27 (No class 1/16, 2/20)

**Time:** 7:00 – 8:00 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$60, (excluding purchase of songbook)

#### Private Music Lessons for Adults

Private Music Lessons are offered on a variety of instruments for adults – including acoustic guitar, cello, clarinet, flute, guitar, piano, saxophone, trumpet, tuba and low bass and voice. The lessons take place at Franklin High School. Our instructors are scholar practitioners, meaning they are trained music educators, as well as performers in a variety of settings, ensembles and orchestras.

**For more information:** contact The Lifelong Music Academy at 508-613-1481.



**These music courses are offered in collaboration with  
Lifelong Learning Institute's  
Lifelong Music Academy**

**REGISTER TODAY**

[www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com)

*Click on Adult Education*

#### Community Walking

*– free and open to the public*

**Monday – Thursday, 5:30 pm to 7:30 pm when Adult Ed. is in session.**







## Watercolor in Winter

**Gail Eckberg**

Tired of hearing that everything is bad for you? Well, register now for the one thing that is good for you! Whether you want to begin to paint or continue your painting skills, this class is for you. You will be immersed and quickly painting your own work. You will apply techniques using materials and gain knowledge in a hands-on, enjoyable environment.

**Day/Dates:** Mondays, Jan. 9, 23, 30, Feb. 6, 13, 27, Mar. 6, 13, 20, 27 (No class 1/16, 2/20)

**Time:** 6:30 to 9:00 pm

**Number of Sessions:** 10

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$100



## Keep the Memories Not the Stuff

**Janine Cavanaugh**

Learn how to downsize successfully by focusing on

the memories not the stuff. Downsizing is a time-consuming process that forces us to decide which possessions are worth keeping and which ones are not. We have to decide what stuff is important and valuable to us. That is not an easy thing to do, especially since our stuff holds memories of our past and hopes for our future. During this class we'll discuss the difference between valid and invalid reasons for holding onto things. We will define what it means to keep the memories not the stuff, and we will discuss 10 different ways to hold onto the memories.

**Day/Dates:** Thursday, January 26

**Time:** 6:30 – 8:30 pm

**Number of Sessions:** 1

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$25

## Knitting for Beginners

**Karen Brown-Wheeler**



Superman knits, Julia Roberts knits, soldiers and students knit, why not YOU?! Knitting is a creative, relaxing pastime that can be enjoyed by anyone.

This class is designed for individuals who are new to knitting and for those who need a refresher course. The instructor will teach you basic knitting skills and discuss different types of yarn and knitting tools and how to read a pattern. Build your new knitting skills as you complete your first project; a hat, a scarf or a cowl. On the first night, please bring a pen or pencil and a bag to transport your supplies, which will be provided by the instructor for the first few classes.

***There is a \$15.00 materials fee payable to the instructor on the first night of class. If additional supplies are needed, they will be the student's responsibility.***

**Day/Dates:** Tuesdays, Jan. 10, 17, 24, 31 Feb. 7, 14

**Time:** 6:30 – 8:30 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$90

## Advanced Beginner Knitting

**Karen Brown-Wheeler**

Let's move beyond the basics. In addition to reinforcing what you've already learned, you will also learn how to read charts, create cables, add colorwork, pick up stitches and use short row shaping. If you are a knitter comfortable with cast on, bind off, knit and purl stitches, you are ready for Advanced Beginner Knitting. There will be some homework required between classes to ensure we get through a variety of skill-building projects.

Tackling several small projects, participants will complete the class with the skills to read a pattern and a knitting chart, knit in the round with circular needles and double point needles and correct their knitting mistakes. Bring your latest project with you.

**Day/Dates:** Thursdays, Jan. 12, 19, 26, Feb. 2, 9, 16

**Time:** 6:30 – 8:30 pm

**Number of Sessions:** 6 **Cost:** \$90

**Location:** Franklin High School, 218 Oak Street

## Ed2go Online e-Learning Courses



The Center for Adult Education & Community Learning at Franklin offers online career training courses in partnership

with Ed2go. These are career-focused online courses designed to give you the latest in learning, and to provide the skills necessary to acquire professional caliber positions in many in-demand occupations.

Our instructor-facilitated courses are available anytime, anywhere. All you need is a web-enabled computer and a desire to learn skills that will prepare you for a new career or update current skill sets. And even though you don't have to attend class, you won't be on your own. A team of available online professionals, anytime scheduling and educational textbooks combine to give you a relevant, interactive learning experience. Most class fees begin at \$99.

For more information, go to [www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com) click on Adult Education and check out our online catalogue in the Virtual Academy.

## DANCE, EXERCISE, & WELLNESS

### Bollywood Fusion

**Shalini Jayarama**

Let's mix elements of Indian classical, hip hop, bhangra, and Indian cinema-themed dance to create vibrant and exciting routines to popular Bollywood melodies. Get loose and bring out your inner grace with instruction that will encourage a deeper connection to the music that fills your ears.

**Day/Dates:** Tuesdays Jan. 10, 17, 24, 31, Feb. 7, 14

**Time:** 5:45 – 6:45 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$40

## Country Line Dancing

**Bonnie Puccio**



Country line dance is a popular style of dance in which a group of people performs a sequence of steps in unison while facing each other in rows. Line

dancers usually form a series of rows in the middle of the dance floor. Country line dance incorporates many common dance moves into several different combinations. Many people enjoy the relaxed nature of country line dance. Because dancers move independently to the music, the sometimes stressful act of finding a partner does not exist.

**Day/Dates:** Thursdays Jan. 12, 19, 26, Feb. 2, 9, 16

**Time:** 7:45 to 8:45 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond St

**Cost:** \$40

## Ease Into Fitness

**Carol Bouchard**

This class utilizes simple, low impact aerobic choreography, resistance training, stretching and flexibility techniques resulting in a total body workout. If you are new to exercise, returning to exercise, or looking for a class that takes it back to the basics, then this is the one for you. (NOTE: Bring your favorite (light) weights and a mat)

**Day/Dates:** Wednesdays, Jan. 11, 18, 25, Feb. 1, 8, 15

**Time:** 5:15 to 6:15 pm

**Number of Sessions:** 6

**Location:** Parmenter School, 235 Wachusett Street

**Cost:** \$40

## Fitness Class for Active Older Adults

**Kay Thomas**



It's never too late to feel great! Our Active Older Adult (AOA) class is for men and women in their mid-40's, 50's, 60's, and 70's! This exercise

class is designed to help active older adults like you

– not athletes – interested in improving their life through exercise. This class combines three key components of fitness: Strength-Training, Flexibility, and Cardio-Conditioning and is taught by a certified instructor. Each class is a full hour, held indoors once each week, given in a fun environment making it the fitness choice for Active Older Adults.

**NOTE:** Bring your favorite free weights with you.....2 to 8 pounds, your choice.

**Day/Dates:** Tuesdays Jan. 10, 17, 24, 31, Feb. 7, 14

**Time:** 6:00 to 7:00 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond St.

**Cost:** \$40

## Meditation Workshop

### Tranquil Souls Yoga

Join us for a blissful 75 minutes of relaxation and mediation that will leave you refreshed and revitalized. We will start with a group discussion on mediation, then move through some relaxing yoga and breath work that will



## Ladies Snowshoe/Trek: Winter 2017

### Nanci Cahalane

Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year. Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local locations every week (a list will be given out)

**First meeting location:** F. Gilbert Hills, 45 Mill St., Foxboro 02035

Directions from Norfolk center follow Rte. 115 south toward Foxboro. Stay on Rte. 115 (crossing over route 1A at light) and turn left onto Pine Street. At lights turn right onto Rte. 1. Follow Rte. 1 for 1½ miles then turn left at lights on to Thurston Street. Follow Thurston for 1½ miles and turn left on to Mill Street (on left 2/10 of a mile after passing Normandy Farms). Follow Mill for 8/10 of a mile and **park at the Meeting House Chapel**. Cross street to park entrance by Ranger Station.

transition into a guided mediation and finally an optional individual mediation. You will leave feeling ready to start your own mediation practice at home or expand your existing practice. Returning students welcome.

**Day/Dates:** Sunday, January 15

**Time:** 11:00 am to 12:30 pm

**Number of Sessions:** 1

**Location:** Tranquil Souls Yoga, 154 East Central Street, Franklin

**Cost:** \$25



**Note:** canceled only for very inclement weather; make-ups after 2<sup>nd</sup> cancellation.

**Note:** If conditions are icy "ice cleats" on shoes are strongly recommended. They are available to purchase at several locations including Bass Pro Shop, L.L. Bean, and Walmart.

### Session 1 Thursdays:

January 12, 19, 26, February 2, 9, 16

### Session 1 Saturdays:

January 14, 21, 28, February 4, 11, 18

### Information for both Sessions:

**Time:** 9:45 to 11:00 am

**Number of Sessions:** 6

**Location:** F. Gilbert Hills State Forest, Foxboro

**Cost:** \$25

## Teen Yoga for Girls

### Tranquil Souls Yoga



This class is appropriate for girls ages 14 - 17. This class will empower teenagers to become more self-aware and confident. The girls will gain a sense of well-being while developing strength and flexibility. They will also learn breathing and relaxation techniques. Through a playful mix of heart-opening poses, thoughtful discussion, meditation and breath work, students will be exposed to the concepts of non-violence, truthfulness, gratitude, moderation, and the cultivation of compassion and joy.

**Day/Dates:** Tuesdays, Jan. 10, 17, 24, 31, Feb. 7, 14, 28, Mar. 7

**Time:** 3:00 to 4:00 pm

**Number of Sessions:** 8

**Location:** Tranquil Souls, 15 E. Central St, Franklin

**Cost:** \$80

## Vinyasa Flow Yoga

Megan Chen



Vinyasa Flow Yoga is a series of yoga postures connected through flowing movements, helping to connect breath, mind, and body. Students flow

from one posture to the next while also holding some postures. This class helps improve strength, flexibility, balance, and mind/body connection. Bring your yoga mat with you.

**Day/Dates:** Tuesdays Jan. 10, 17, 24, 31, Feb. 7, 14

**Time:** 7:15 to 8:15 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond Street

**Cost:** \$40

## Hatha Yoga

### Tranquil Souls

The practice of Hatha Yoga helps to increase strength, flexibility and posture, and decrease the stresses of everyday life.



Yoga, which has been around since the 15<sup>th</sup> century, helps to quiet the mind and improve health. This class is geared toward beginners who have never done yoga before or anyone looking for a more gentle approach to exercise. Please bring a yoga mat and wear comfortable clothes to class.

### Wednesdays

**Dates:** Jan. 11, 18, 25, Feb. 1, 8, 15

**Time:** 7:45 – 8:45 pm

**Number of Sessions:** 6

**Location:** Parmenter Elementary School, 235 Wachusett Street

**Cost:** \$40

### Thursdays

**Dates:** Jan. 12, 19, 26, Feb. 2, 9, 16

**Time:** 6:30 – 7:15 pm

**Number of Sessions:** 6

**Location:** Tranquil Souls, 15 E. Central St, Franklin

**Cost:** \$30

## Zumba Basics

Kay Thomas



This class is geared to the active older age group (45+) for an aerobic exercise set in a “Latin dance” style workout mode. It is also designed for beginners getting back into exercise. The dance routines follow the Cha-Cha, Mambo, Merengue, Twist, Charleston and “Cumbia” rhythms.

**Day/Dates:** Wednesdays Jan. 11, 18, 25, Feb. 1, 8, 15

**Time:** 6:30 to 7:30 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond St

**Cost:** \$40



## **Zumba Mondays and Thursdays**

Gisela Flamenco

Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You don't have to know how to dance to Zumba. Zumba creates a party-like atmosphere that is less intimidating and it is fun!

### **Mondays**

**Dates:** Jan. 9, 23, 30, Feb. 6, 13, 27

(No class 1/16, 2/20)

**Time:** 6:30-7:30 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond St

**Cost:** \$40

### **Thursdays**

**Dates:** Jan. 12, 19, 26, Feb. 2, 9, 16

**Time:** 6:30 -7:30 pm

**Number of Sessions:** 6

**Location:** Kennedy Elementary School, 551 Pond St

**Cost:** \$40

## **Zumba Wednesdays**

Carol Bouchard

Zumba is a fusion of Latin and International music. Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. You don't have to know how to dance to Zumba. Zumba creates a party-like atmosphere that is less intimidating and it is fun!

**Day/Dates:** Wednesdays Jan. 11, 18, 25,

Feb. 1, 8, 15

**Time:** 6:30 to 7:30 pm

**Number of Sessions:** 6

**Location:** Parmenter Elementary School, 235

Wachusett Street

**Cost:** \$40

## **FINANCIAL PLANNING**

### **Investing for Retirement**

Steven Taylor, CFP®

Learn what it takes to create a successful retirement for you and your family. If you are just starting out, midway through your career or closing in on retirement, this 2 hour seminar will give you the tools and information you need to lay the foundation to accomplish your long term goals.

**Day/Dates:** Tuesday, January 31

**Time:** 6:30 to 8:30 pm

**Number of Sessions:** 1

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$40

## **FOOD AND WINE**

### **Wine Buying Tips Using Label Information**

Mark Lenzi



Do you know 5 corporations own 80-90% of wines for sale? Many people buy wines based on label only. Do you? This wine tasting/education will explain what is on a wine label and how it can help you find the best for your dollar. After this event buying wine will never be the same!

**Day/Dates:** Tuesday, January 10

**Time:** 7 – 8:30 pm

**Number of Sessions:** 1

**Location:** Franklin Liquors, 363 E. Central St

**Cost:** \$25

## Exploring Italian Wines

Mark Lenzi



Italian wines can be some of the most confusing to understand. This tasting/education will cover history, geography, laws, regions and grapes. Come explore Italy!

**Day/Dates:** Tuesday, January 17

**Time:** 7 – 8:30 pm

**Number of Sessions:** 1

**Location:** Franklin Liquors, 363 E. Central St, Franklin

**Cost:** \$25

## Easy Indian Cooking: *Hands-on class*

Sandhya Jain



Rice Pudding (Kheer)

Cooking authentic Indian food has never been so easy. In this 2-hour hands-on class, you will get the confidence to recreate your favorite Indian food, while also learning about the health benefits of various spices AND tasting some delicious dishes.

**Rice Pudding (Kheer), Saag Paneer, Garlic cilantro Naan Bread & Quick Indian Rice Pilaf** and sip some amazing chi tea during your food adventure.

**Day/Dates:** Thursday, January 26

**Time:** 7:00 to 9:00 pm

**Number of Sessions:** 1

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$70

## LANGUAGE

### Italian I



Pamela Ringrose

Buongiorno! Are you planning a trip to Italy? Through situational vocabulary framed in a cultural

context, you will learn the basics to make a stay in Italy even more pleasant. So prepare to learn about greeting, sightseeing, ordering food and shopping – Italian style! The text, Italian in 10 Minutes a Day, can be purchased from Bilingual Books, Inc., at 800-488-5068 or through amazon.com.

**Day/Dates:** Wednesdays, Jan 4, 11, 18, 25, Feb 1, 8, 15, Mar 1 (No class 2/22)

**Time:** 7pm – 8:30 pm

**Number of Sessions:** 8

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$70

## PHOTOGRAPHY



### Understanding your Digital SLR Beginner to Intermediate

Rich Powers

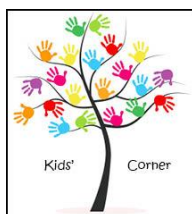
This photo class covers the basics of understanding your DSLR Camera and its Menus and how to get the most out of your DSLR. Class topics will cover White balance, File sizes, Different focusing modes and Automatic and Manual modes of the camera, flash photography and much more. Also covered in the class: shutter speed, aperture, proper lenses and composition to help produce great images. Remember to bring your camera and Manual to class.

**Day/Dates:** Monday, Jan. 9, 23, Feb. 6, 13, 27, Mar. 6, 13 (No Class Jan. 16, 30, Feb. 20)

**Time:** 6:30 – 9:00 pm

**Number of Sessions:** 7 **Cost:** \$125

**Location:** Franklin High School, 218 Oak St



## Kids' Corner

**.....Where fun and learning meet**

Kids' Corner Franklin, a program of Franklin Public Schools Lifelong Learning Institute and The Center for Adult Education & Community Learning, is a unique collection of after school activities for children with the goal of making learning fun. Classes are small, relaxed and designed to encourage children's creativity.....a place where fun and learning meet.

### Kids' Cooking Class – Franklin Bistro

**Grades 1 - 3 (Ages 6 – 9)**

**Sandhya Jain**

This will be a series of 6 cooking classes – one each week. Each class will be approximately 45 minutes long. The children will learn measuring math, mixing, and basic food science. And, as knowledge and confidence grow, the students will use their reading and communication skills while working directly with the chef instructor. They will learn basic knife skills and safety rules of working in a kitchen. It's a great opportunity for young minds to expand their palate by cooking a wide range of food. Cooking can become a passion and there is nothing better than starting them young.

**Menu:** Each week students will prepare one of the following: *Chocolate Mousse, Broccoli nuggets, No knead Pizza, Bread 'Sushi', Smores pie pockets, Salad and salad dressing with cheese crostini.*

**Day/Dates:** Wednesday, Jan 11, 18, 25, Feb. 1, 8, 15

**Time:** 4:30 – 5:30 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$138

### Kids' Cooking Class – Basic Cooking Techniques – Grades 4 -7 (Ages 10+)

**Sandhya Jain**

This will be a series of 6 cooking classes – one each week. Each class will be approximately 45 minutes long. The children will learn measuring math, mixing, and basic food science. And, as knowledge and confidence grow, the students will use their reading and communications skills while working directly with the chef instructor. They will learn basic knife skills and safety rules of working in a kitchen. It's a great opportunity for young minds to expand their palate by cooking a wide range of food. Cooking can become a passion and there is nothing better than starting them young.

**Menu:** *Savory pie dough for a mini quiche, Mayonnaise and panini, Sweet pie dough for mini apple pie, Roux for Mac and cheese, Linguine with lemon cream, Winter cupcakes with Buttercream Frosting.*

**Day/Dates:** Wednesday, Jan 11, 18, 25, Feb. 1, 8, 15

**Time:** 6:00-7:00 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$138

### Science Rocks – Grades 1 - 3

**Janelle Roberts**



Science fun for everyone! Dancing Rice, Tornado in a Jar and Humpty Dumpty Science are just a few of the fun and exciting hands on science experiments we will be exploring.

**Day/Dates:** Tuesday Jan 10, 17, 24, 31, Feb 7, 14

**Time:** 4-5 pm

**Number of Sessions:** 6

**Location:** Franklin High School, 218 Oak Street

**Cost:** \$70



## **Painting Club –**

### ***Creative art workshops for – Grades 3 - 5***

**Linda Kabat, Franklin Art Center**

An important part of a child's development, is inspiring imagination, individuality, and creativity. Let your child's imagination soar at the Franklin Art Center in a weekly painting club. Students will learn painting skills using tempera and watercolor. They will learn about color, color mixing and texture. A certified Visual Arts Instructor will guide students, based on their individual needs and introduce master artists for inspiration. For those ready to expand their painting skills, a suggested supply list will allow students to explore acrylic and painting on canvas developing their individual interests.

***(Note: A materials list will be available upon registration)***

**Day/Dates:** Monday, Jan 9, 23, 30, Feb 6, 13, 27  
(No class 1/16, 2/20)

**Time:** 4-5 pm

**Number of Sessions:** 6

**Location:** Franklin Art Center, 391 East Central Street, Franklin

**Cost:** \$70

## **Yoga for Girls (ages 7-14)**

**Tranquil Souls Yoga Studio**

This introduction to yoga is designed specifically for adolescent girls. Class will explore many yoga poses which build strength and flexibility but will go beyond the physical practice of yoga to cover the basic tenants of yogic mindfulness. Students will be exposed to the concepts of non-violence, truthfulness, gratitude, moderation, and the cultivation of compassion and job. The girls will also work on building self-esteem and confidence through a playful mix of heart-opening poses, thoughtful discussion, meditation and breath work. This class is appropriate for girls ages 7-14, though exceptions can be made with prior consent of the teacher.

**Day/Dates:** Tuesday Jan 10, 17, 24, 31, Feb 7, 14, 28, Mar 7 (No class 2/21)

**Time:** 4-5 pm

**Number of Sessions:** 8 **Cost:** \$80

**Location:** Tranquil Souls Yoga, 15 East Central Street, Franklin



## SPORTS

### Advanced Co-Ed Volleyball, Tuesday

Ray Goulet



This class provides an open, fun and competitive environment for experienced volleyball players.

Players are expected to have experience at the high school team, college or club league level. Yankee league rating of C or higher is recommended. This is NOT a class for novices or occasional recreational players. Players must have good ball control skills, court awareness and technique.

If you have played competitive volleyball in the past and would like to find something closer to home or get back into it after an absence, then this class is for you! Two nets are set up each week in a mini-tournament format with changed teams each week. Referees/line judges are used when possible.

**Day/Dates:** Tuesdays, Jan. 10, 17, 24, 31, Feb. 7, 14

**Time:** 7:00 to 10:00 pm

**Number of Sessions:** 6

**Location:** Horace Mann Middle School Gym, 224 Oak Street

**Cost:** \$60



### Intermediate Co-Ed Volleyball, Monday

Derek Pisano

This course will provide a strong foundation in the basics of volleyball. The mechanics of passing, setting, and spiking will be the focus, as well as the importance of good positioning. A fun, competitive time is guaranteed for all!

**Day/Dates:** Mondays, Jan. 9, 23, 30, Feb. 6, 13, 27, (No class 1/16, 2/20)

**Time:** 7:00 to 10:00 pm

**Number of Sessions:** 6 **Cost:** \$60

**Location:** Horace Mann Middle School Gym, 224 Oak Street

### Badminton, Wednesday Night

Lee Chiu



Get ready to rally.

Badminton is a racquet sport that can be played by either two people (singles) or four people (doubles).

Unlike other racquet sports, such as tennis or squash, badminton involves hitting a shuttlecock – a cone-shaped projectile that moves differently than a ball. Able to reach much higher speeds than a ball, the shuttlecock makes for a fast-paced game - making badminton the ideal sport for those who like to be kept on their toes. In addition to speed and stamina, good motor coordination is a must if you want to be able to master key racquet techniques.

**Day/Dates:** Wednesdays Jan. 11, 18, 25, Feb. 1, 8, 15

**Time:** 7:00 to 10:00 pm

**Number of Sessions:** 6

**Location:** Horace Mann Middle School, 224 Oak St

**Cost:** \$60

### Basketball for Men, Thursday



Brian LaPlaca

Brian LaPlaca is here for your Basketball experience – Another chance to add variety to your exercise routine and burn those calories.

**Day/Dates:** Thursdays Jan. 12, 19, 26, Feb. 2, 9, 16

**Time:** 7:00 – 10:00 pm

**Number of Sessions:** 6

**Location:** Horace Mann Middle School, 224 Oak St

**Cost:** \$60

## MEET OUR INSTRUCTORS

**Carol Bouchard** holds a degree from Dean College. She has a Group Fitness certification, ACE certification as a personal trainer, Certified Zumba Instructor, Group Power certification, and Schwinn Spin certification as a spin instructor.

**Karen Brown-Wheeler** - Long-time expert knitting instructor Karen Brown-Wheeler has taught students at Franklin Mill Store for more than 30 years. An accomplished knitter, she participates in various "knitting retreats" where she continues to hone her skills.

**Nanci Cahalane** is a Certified Personal Trainer and MIAA Coach.

**Janine Cavanaugh** is a Certified Professional Organizer. With a desire to assist individuals in organizing their spaces, places, and stuff, she started her own Professional Organizing business in January 2008. Since then, she has helped numerous individuals improve their organizing skills, reduce the clutter in their homes, downsize their belongings and create functional environments.

**Megan Chen** has been practicing yoga for several years. She enjoys the power of the mind/ body/ breath connection that yoga offers. Megan became certified to teach in 2013, teaching hatha and vinyasa yoga in the viniyoga tradition. She also has training in Ayurveda, pranayama, yoga nidra and infant/ toddler yoga. Fitness and wellness have become an important and cherished part of her life, and she looks forward to the opportunity to share that with others.

**Lee Chiu**, a native of China and long-time resident of the US, has loved badminton and played for the major part of his life. He currently serves as the NE representative on the USA badminton junior ranking committee and is an active member of Junior Advisory Group (JAG) which sets policy for USA badminton (Juniors). He and his son have traveled in the US and several countries where Chiu umpires for badminton tournaments.

**Gail Eckberg** is a full-time teaching artist. She was born in Boston and grew up in a family of artists

where her passion for art materialized at an early age. After receiving a B.S. in Education and Psychology, Gail continued on to receive a master degree from Lesley University in Business Management.

**Gisela Flamenco** has taught Zumba for years in a variety of settings.

**Ray Goulet** enjoys the game of volleyball and has students returning year after year for this class.

**Sandhya Jain**, owner of Sandhya's Kitchen, shares her passion for making Indian cooking easy, effortless, healthy, and delicious. She currently conducts adult education cooking classes at various locations throughout the greater Franklin area. Says Jain, "Cooking has been my passion for over 20 years. While I grew up learning the basics of the traditional Indian spices from my mother, cooking in America taught me how to recreate the same flavors with what is available in the grocery stores here."

**Shailini Jayarama** is a dance instructor and dance choreographer offering versatile routines involving hip hop, classical, and Bollywood fusion to customized music mixes.

**Linda Kabat** is a long-time elementary school teacher. Prior to opening the Franklin Art Center with her husband, Linda has worked as a visual merchandiser for a textile company and went to Walt Disney World for 2 years to work in the Studio and Christmas Display Departments. She has hand-painted children's clothing, hand personalized gift items, and painted children's murals for homes and businesses.

**Brian LaPlaca** enjoys the game of basketball and has students returning year after year for this class.

**Mark Lenzi** CSW, CSS, CWAS, FWS, IWS, co-owner of Franklin Liquors, trained by the International Sommelier Guild, Certified Specialist of Wine (CSW) and Spirits (CSS) by The Society Of Wine Educators, First in MA to be a California Wine Appellation Specialist (CWAS) by the SF Wine School, French Wine Scholar and Instructor (FWS) by the French Wine Society, First in USA to hold a Quini Certified

Educator (QCE) title, Italian Wine Specialist (IWS) by the North American Sommelier Association. Franklin Liquors is a family-owned business vintage 1978.

**Heather Martin** Heather is a ERYT-500 hr certified yoga teacher through yoga alliance. Heather's journey with yoga first began several years ago when a friend invited her to attend a Vinyasa Flow Class. She felt the benefits immediately and after enduring back surgery, her commitment to her yoga practice deepened. She has been inspired by the knowledge of her teachers, the creativity of her fellow classmates, and the love of her family. After witnessing the benefits of yoga in herself, she felt compelled to share this peace with children and adults. Heather is First Aid, CPR and AED certified.

**Jill Noddin** has performed as a choral member with Chorus Pro Musica with featured performances at Symphony Hall, Jordan Hall and Alice Tully Hall in Lincoln Center with conductor, Jeffrey Rink. She also was chosen to sing with the Boston Philharmonic performing Gustav Holst's "The Planets" under the baton of Benjamin Zander at Symphony Hall and Sanders Theater. She graduated *Cum Laude*, from the University of Massachusetts Boston with a Bachelor of Arts in Music, and studied song, opera, and dramatic coaching at the New England Conservatory.

**Derek Pisano** has been playing volleyball for over 18 years, both indoor and beach, and has competed in numerous tournaments. Derek created and has led a summer beach volleyball league. His philosophy is

to elevate the level of play while keeping the game enjoyable and safe.

**Rich Powers** has owned The Henry Studio in Holliston, MA for 19 years and before that Rich had owned his own photography business for 6 years. In addition to the thousands of portraits he has photographed over the years, he has photographed well over 1000 weddings.

**Bonnie Puccio** has been a line dance instructor at various locations throughout the Southeastern MA area for 10 years. She is Senior Fitness trained and AFAA certified.

**Steven Taylor** is a Certified Financial Planner™ practitioner who understands the push and pull between living a full life and preparing for the future. He is a fee-only financial planner with over 10 years experience in the investment world.

**Tranquil Souls Yoga.** At Tranquil Souls Yoga, they support you as you nurture your mind, body, and spirit. Their hope is that the end result is a new you, free to live in this moment and create happier, joyful experiences for yourself and those around you. While at Tranquil Souls Yoga, you will feel completely relaxed infused with a warm and peaceful energy.

**Kay Thomas** is an AFAA Group Fitness Instructor, CPR/AED certified, AHA NEDITA Pilates instructor, Nautilus instructor, YMCA group fitness instructor, Zumba Gold instructor and retired National Ski Patrol

# ***This Winter***

**The Center for Adult Education  
& Community Learning**

**Proudly presents  
New and “back by popular demand” classes**

**Franklin Public Schools  
Lifelong Learning Institute**

and

Center for Adult Education & Community Learning

**Classes begin the week of  
January 9, 2017**

**Register online**

**[www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com)**

## ***Annual Music and Art Appreciation Night Thursday, May 4, 7 PM***



Come out and join us for an evening of entertainment and participate in “A Concert for the Senses” our third Annual Music and Art Appreciation night, held in collaboration with the Lifelong Music Academy. Together, we will hear from our Adult Chorus along with many other musical offerings. In addition, you will have the opportunity to view the works of our very own Adult Education Watercolor and Pastel classes.

***AND while you’re at it***

*Don’t forget to register for*

***PRIVATE MUSIC LESSONS***

Lessons are available for Percussion, Guitar, Saxophone, Oboe, Trumpet, French Horn, Piano, Violin/Viola and Voice.

Call 508-613-1480 for more information  
and to register.

## ***Community Walking at Franklin High School***

Escape the winter temperatures and walk in the warmth of Franklin High School.

Indoor Walking is available Mondays through Thursdays, 5:30 to 7:30 PM, when Adult Education is in session. Walkers may use the elevated track when there are no games in the gym.

Sign in at the Adult Education office and receive a guest lanyard. When you are done, return to the Adult Education office, sign out and hand in your lanyard.