



# LIFELONG COMMUNITY LEARNING FALL 2023

REGISTER ONLINE STARTING AUG. 1, 2023:  
[WWW.FRANKLINLIFELONGLEARNING.COM](http://WWW.FRANKLINLIFELONGLEARNING.COM)

**Our Mission :** Diverse and enriched education and experiences for all area residents and children – *a resource for all ages.*



## WORKSHOPS & SPECIAL EVENTS



### **Charcuterie Board One-Night Workshop:**

Charcuterie Boards are the hottest trend in entertaining! Join us for a one night workshop to learn how to assemble your own board.

The instructor will also provide information

on various ingredients, plus tips on creating a pleasing presentation. Each participant will bring home an individual charcuterie box! Thursday Nov. 16, 6:00-7:00 pm, \$50, FHS.

### **Mature Makeup One-Night Workshop:**

Designed specifically for mature skin, this comprehensive program provides expert guidance and practical techniques tailored to your unique needs. Learn to create flawless complexions, define your features, and address common concerns associated with aging skin. Join us on this transformative journey and unlock the secrets of makeup for mature women! Each participant will take home their own lighted makeup mirror. Thursday, Oct. 12, 6:30-8:30 pm, \$85, FHS.



### **Sound Bath Meditation One-Night Workshop:**

Do you crave an evening of Zen? A sound bath is a full-body meditative experience where people lie down and listen to resonant sounds. It is incredibly relaxing and helpful for stress management. One session can help you clear your mind, melt tension, and open your heart. After a sound bath, you may leave feeling more calm and less stressed. Your muscles will feel looser, you may sleep better and your mood may improve. Monday, Oct. 2, 6:00-7:00 pm, \$50, FHS.



## LIFESTYLE & CULTURE OFFERINGS

### **American Sign Language (ASL) for Adults–Zoom Class:**



Enjoy a journey into Deaf culture and learn to sign without offending. This highly regarded program offers students the opportunity to learn ASL with no pressure of exams or homework. Three levels of instruction are available (beginner, advanced beginner, intermediate) and all students may login to unlimited classes any/every week at NO additional cost. \$95 per session, beginning in late August. See [website for class schedule.](#)

### **Private Music Lessons for Adults:**

High quality, affordable, one-on-one music lessons with professional instructors! Weekly lessons at Franklin High School are available in a wide variety of instruments.



**Registration begins August 21, 2023** and is ongoing through April 2024. More information and complete program policies can be found online.

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# Register Online: [WWW.FRANKLINLIFELONGLEARNING.COM](http://WWW.FRANKLINLIFELONGLEARNING.COM)

See website for registration policies, including a 10% senior discount. Some restrictions apply. Plus, sign up for emails!

## EXERCISE AND WELLNESS

**Community Walking:** Walk the indoor track at FHS! Free and open to the public, September 18, 2023 thru May 23, 2024, Mon-Thu, 5:30–7:30 pm when Lifelong Community Learning is in session. **Annual registration required.**



**Country Line Dancing:** Learn classic dances such as Boot Scootin' Boogie, newer dances such as Kerosene, and many more! 10 Thursdays starting Sep. 14, 6:00–7:00 pm, \$99, Kennedy Elementary School.

**Hatha Yoga:** For beginners or anyone looking for a more gentle approach to exercise, this class will help increase strength, flexibility, and posture. Fall: 10 Thursdays starting Sep. 14. 7:15–8:15 pm, \$99. Kennedy Elementary School.



**LaBlast Dance Fitness, Partner-Free:** LaBlast is an energizing dance fitness program that uses easy to follow ballroom dance patterns. Partner-free and no experience necessary. Fall: 10 Tuesdays, starting Sep. 5. 6:30–7:30 pm, \$99, Kennedy Elementary School.



**Ladies' Light Hiking:** Hiking is fantastic exercise plus you can get some fresh air and explore new places. 9:45–11:00 am, \$35 per session. First Location: F. Gilbert Hills State Forest, Foxboro. Early Fall: 6 Thursdays, starting Sep. 7 –OR– 6 Saturdays, starting Sep. 9. Late Fall: 6 Thursdays, starting Oct. 26 –OR– 6 Saturdays, starting Oct. 28.



### Sound Bath Meditation—One-Night Workshop:

Do you crave an evening of Zen? A sound bath is a full-body meditative experience where people lie down and listen to resonant sounds, it is incredibly relaxing and helpful for stress management. One session can help you clear your mind, melt tension and open your heart. After a sound bath, you may leave feeling more calm and less stressed. Your muscles will feel looser, you may sleep better and your mood may improve. Monday, October 2, 6:00–7:00 pm, \$50, FHS.



**Vinyasa Flow Yoga:** A series of yoga postures connected through flowing movements, Vinyasa Flow Yoga helps to connect breath, mind, and body. Fall: 10 Wednesdays, starting Sep. 13, 6:00–7:00 pm, \$99, Kennedy Elementary School.



**After-School Yoga For Educators:** Wind down from your Monday and find a peaceful presence to carry you through the rest of your week! Fall: 8 Mondays, starting Sep. 18. \$80, 3:30–4:30 pm, Oak Street Elementary School Gym.



**Yoga For Anyone:** Relieve the stresses of the day and get some good core workout moves, too! Fall: 10 Wednesdays, starting Sep. 13. \$99 per session, 7:15–8:15 pm, Kennedy Elementary School.



## ARTS AND CRAFTS

### Art of Acrylic

**Painting:** Learn basic techniques plus explore color and texture and how they come together.

Fall: 10 Wednesdays starting Sept. 13. 6:00–8:30 pm, \$120, Franklin High School.



### Hand Glazed Pottery, A One-Night

**Workshop:** Spend an evening painting a large handmade pottery tray that will be ready in time for Thanksgiving. Tuesday, Nov. 14, 7:00–8:30 pm, \$75 (includes supplies and kiln fees), Franklin High School.



### Watercolor PLUS:

Beginner watercolorists will learn the basics while more experienced watercolorists can enhance their skill and style at their level.

Fall: 10 Mondays starting Sept. 11. 6:00–8:30 pm, \$120, Franklin High School.



## WOULD YOU LIKE TO TEACH A CLASS WITH US?

If you have a skill or passion that you would like to share, please consider submitting a proposal to Lifelong Community Learning. Your idea for a class may just be the perfect addition to our offerings!

Please email [LCL@franklinps.net](mailto:LCL@franklinps.net) with your proposal or to schedule a meeting.



## TEAM SPORTS

**Badminton—Mondays:** Grab your racket and join us for a weekly night of badminton! **Fall:** 5 Mondays, starting Sep. 11. 7:00–10:00 pm, \$60, Remington Middle School.



**Badminton—Wednesdays:** The ideal sport for those who like to be kept on their toes! **Fall:** 15 Wednesdays, starting Sep. 13. 7:00–10:00 pm, \$180, Remington Middle School.



**Basketball for Men:** Join us for a great workout and some friendly competition. Choose Tue or Thu:



- **Tuesdays at Remington:**  
**Fall/Winter:** 15 Tuesdays, starting Sep. 12. 7:00–10:00 pm, \$180, Remington Middle School.

- **Thursdays at Horace Mann:**  
**Fall/Winter:** 15 Thursdays, starting Sep. 14. 7:00–10:00 pm, \$180, Remington Middle School.

**Basketball for Men Over 45:** Are you over 45 and looking for some basketball and camaraderie? This class is competitive and can be enjoyed by older athletes. 9 Tuesdays, starting Sep. 12, 7:00–9:00 pm, \$95, Horace Mann Middle School Gym.



**Intermediate Co-Ed Volleyball, Mondays:** This program is designed to provide exercise and fun for adult men and women. **Fall/Winter:** 14 Mondays, starting Sep. 11. 7:00–10:00 pm, \$170, Horace Mann Middle School Gym.



## ONLINE LEARNING

**Online e-Learning Courses:** Lifelong Community Learning offers online personal development and career training certification courses in partnership with Ed2go.



Register and pay online on our website:  
[www.franklinlifelonglearning.com/community\\_learning](http://www.franklinlifelonglearning.com/community_learning)  
Choose the “Online Learning” menu option

Here are some of the most popular offerings!



**Computer Skills for the Workplace:** This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace.

**Customer Service Training:** Gain the information needed to understand how a positive attitude, going a step beyond basic customer service, and dealing effectively with complaints will enhance your work experience.

**Accounting Fundamentals:** In this course, you will learn the basics of double-entry bookkeeping, how to analyze and record financial transactions, and gain experience handling accounts receivable, accounts payable, and more.



**Healthy Living Suite:** In this program you'll learn how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime. You'll also learn how to save money and prepare home-cooked meals that are fast, easy, and delicious.

**Speed Spanish:** Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. Instructor-led, or self-paced options.



**Resume Writing Workshop:** This course is invaluable to anyone who wants to improve their resume. It will introduce you to different formats, help you make the most of your work experience, and teach you how to use references to your advantage.



## Kids' Corner....Where fun and learning meet!

A collection of enriching and engaging after school activities for children with the goal of making learning fun. Classes are small, relaxed, and designed to encourage children's creativity.

### Home Safety & Security for Kids,

**Grades 1–5 (one-day class):** With the help of Franklin Police Community Service Officers, children learn to be safe when home alone for short periods of time. They will learn how to safely answer the phone and door, and review Internet safety and accident prevention. Tuesday, Oct. 24, 4:00–5:00 pm, FREE (registration required), Franklin High School Lecture Hall.



**Business Sharks, Grades 2-5:** It's time to put on your inventor's hat and design the business of your dreams! Teachers will guide you through the ins and outs of business plans, market competition, budgets and presentation skills. Students will bring their one-of-a-kind idea to life. The course will culminate with a "pitch" to our very own panel of Sharks. Fall: 8 Tuesdays starting Sep. 12. 4:30-5:45 pm, \$199, Franklin High School.



**Kids' Basic Spanish, Grades 3–6:** Learn basic Spanish vocabulary, sentence structure, and pronunciation using children's stories, songs, and games in a relaxed, friendly atmosphere. Fall: 6 Thursdays starting Oct. 5. 5:00–6:00 pm, \$85, Franklin High School.



**Expert Architects, Grades 2-5:** Start imagining the building of your dreams! Our instructors will guide you along the way. You will consider the environment, transportation, parking, and green space as you create a working blueprint for your creation. Then you'll bring it to life as a Lego model! You will present your work to your peers and demonstrate how your tower will be the next great building of the 21st Century. Fall: 8 Thursdays starting Sep. 14. 4:30-5:45 pm, \$199, Franklin High School.



**Kids' Cooking Classes:** In these one-hour classes, students will learn kitchen skills and create 1-2 dishes per week depending on complexity and timing. 5 Wednesdays per session, \$150 per session, Franklin High School. Early Fall session begins Sep. 20. Late Fall Session begins Nov. 8. *Kids' Corner aprons: +\$15.99 each.*



**Yoga and Mindfulness for Kids, Grades K-3:** Practicing yoga poses helps children to become more aware of their body in space, encourages children to learn focus, and can help to building self-confidence. Yoga also helps to teach respect and compassion for self and others. Fall: 6 Mondays starting September 11. 5:00-5:45 pm, \$75, Franklin High School.



- Grades 3–5, 4:30–5:30 pm. Students will learn techniques like searing, sautéing, folding, and more.
- Grades 6–8, 5:45–6:45 pm. Students learn culinary terminology, more intricate knife skills, and work with more sophisticated menus.



### Music Classes and Private Lessons:

Registration begins August 21, 2023. More information and complete policies can be found online.

- **The Band School of Franklin, Grades 4–9:** Students learn a band instrument, or improve their playing, in a fun and supportive group setting from September to April.



- **The String School of Franklin, Grades 3–12:** Students learn an instrument or improve their playing in a fun and supportive group setting from September to April.



- **Elementary Glee, Grades 3–5:** Students sing and move in this fun and active weekly class from September to April! No experience necessary.



- **Private Music Lessons:** High quality, affordable, one-on-one music lessons with professional instructors! Weekly lessons at Franklin High School are available in a wide variety of instruments. 30, 45, or 60 minute lessons available.

- Please note the dates and location for each class.
- Find more details on our website.

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

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