



LIFELONG COMMUNITY LEARNING WINTER & SPRING 2023

REGISTER ONLINE:

WWW.FRANKLINLIFELONGLEARNING.COM

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



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.

Babysitting Certification - Ages 11+: Participants will better understand and be able to meet the challenges of babysitting through increased confidence and skill, and they will leave with an ASHI certification card.

February Class: Fri, Feb. 24, 10:00 am–2:00 pm, \$90.

April Class: Fri, Apr. 21, 10:00 am–2:00 pm, \$90.

Bernon Family YMCA, Franklin.

Internet & Social Media Safety for Students Grades 6-8:

Franklin Police Community Service Officers will help your middle schooler understand that when they share photos, videos, links, and personal information with their friends, they may actually be sharing information with more people than they realize. Tuesday, Mar. 28, 4:30–5:30 pm, FREE (registration required), Franklin High School Auditorium.



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. 6 Thursdays starting Apr. 6, 4:45–5:45 pm, \$85 per session, Franklin High School.



Kids' Cooking Classes: In these one-hours classes, students will learn kitchen skills and create 1 -2 dishes per week depending on timing. 5 Wednesdays per session, \$150 per session, Franklin High School.



Winter session begins Jan. 11. Early Spring Session begins Mar. 8. Late Spring Session begins May 3. *Kids' Corner aprons: +\$15.99 each.*

- 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.

CONTINUE READING FOR MORE OFFERINGS...

Arts & Crafts — Exercise & Wellness — Team Sports — Workshops & Special Events — Online Learning

LIFESTYLE AND CULTURE

American Sign Language (ASL) For Beginners–Zoom Class:



This online, learn-as-you-go program is stress free. 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 January. See website for complete dates and times for each level.

Cupcake Decorating for Adults–One-Day

Workshop: Everyone will practice decorating for professional-looking results on filled and frosted cupcakes, and will top a frosted cupcake with fondant decoration. Wednesday, Mar. 1, 6:30–8:00 pm, \$59, FHS.



Conversational Spanish for Adults: Learn basics needed for greeting, sightseeing, ordering food and shopping – Spanish style! 8 Thursdays, starting Apr. 6, 5:00–6:00 pm, \$85, Franklin High School.



English as a Second Language–The Basics for Adults: For adult English learners, this class will help you develop a solid knowledge of listening, reading, and writing skills in a welcoming environment. 10 Thursdays, starting Jan. 12, 6:15–7:45 pm, \$150, FHS.

The Knitter's Circle – Sampler Knitted Afghan:

Join fellow knitters as you make 12" squares that you will then attach to create a gorgeous stitch sampler blanket. 6 Tuesdays starting Mar. 21, 5:30–7:00 pm, \$90, FHS.



Wine Buying Tips–One Day Class:

Learn how to conquer the wine wall in a retail store—find out where a wine is from, what's in it, and how to get more for your money. Thursday, Feb. 2, 7:00–8:30 pm, \$30, Franklin Liquors, 363 East Central Street.



ARTS AND CRAFTS

Art of Acrylic Painting— Winter: Learn basic techniques plus explore color and texture and how they come together. 10 Wednesdays starting Jan. 11, 6:00–8:30 pm, \$120, Franklin High School.



Acrylic Art Mini-Series: — Spring: You will follow the instructor in creating a separate piece each week, one for each season of the year, plus a still life or a creation of your own. 5 Wednesdays starting Apr. 5, 6:00–8:30 pm, \$65, Franklin High School.

Hand Built Pottery – A Two-Night Workshop:

Spend two evenings molding and glazing clay into unique ceramic creations. 2 Tuesdays, April 4 and April 25, 7:00–8:30 pm, \$65, Franklin High School.



The Knitter's Circle – Sampler Knitted Afghan:

Join fellow knitters as you make 12" squares that you will attach to create a gorgeous stitch sampler blanket. 6 Tuesdays starting Mar. 21, 5:30–7:00 pm, \$90, Franklin High School.



Watercolor PLUS: Beginner watercolorists will learn the basics while more experienced watercolorists can enhance their skill and style at their level. 10 Mondays starting Jan. 9, 6:00–8:30 pm, \$120, Franklin High School.



Watercolor 5-Week Class: Find your "me" time and immerse yourself in your own creations! 5 Mondays starting Apr. 3, 6:00–8:30 pm, \$65, Franklin High School.



TEAM SPORTS



Badminton – Adults: The ideal sport for those who like to be kept on their toes! 15 Wednesdays, starting Feb. 1, 7:00–10:00 pm, \$180, Remington Middle School.

Badminton – Teen Co-Ed, Grades 9-12: Learn basic swings, footwork, and the rules of badminton. You will have the opportunity to practice and build skills. 8 Tuesdays, starting Mar. 21, 4:45–6:15 pm, \$75, Horace Mann Middle School Gym.

Basketball for Men–Tuesdays: Join us for a great workout and some friendly competition. 15 Tuesdays starting Feb. 7, 7:00–10:00 pm, \$180, Remington Middle School.



Basketball for Men–Thursdays: Join us for a great workout and some friendly competition. 15 Thursdays starting Feb. 2, 7:00–10:00 pm, \$180, Horace Mann Middle School Gym.

Basketball for Men Over 45: We'll play the sport we love and continue our pursuit of the thrill of victory while avoiding the agony of defeat! 9 Tuesdays, starting Jan. 31, 6:30–8:30 pm, \$90, Horace Mann Middle School Gym.

Intermediate Co-Ed Volleyball, Monday: Build on your strong foundation in the basics of volleyball. 14 Mondays, starting Feb. 6, 7:00–10:00 pm, \$170, Horace Mann Middle School Gym.



Register Online: 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 thru May 25, 2023, Mon-Thu, 5:30–7:30 pm when Lifelong Community Learning is in session.

Annual registration required.



Tai Chi: An ancient martial arts practice, Tai Chi has its roots in health, wellbeing, and spirituality. Its benefits are numerous and may be life-changing. 5 Mondays starting Jan. 23, 6:45–7:45 pm, \$60, Kennedy Elementary School.



Country Line Dancing: Test your dance moves with us – no partner needed! You'll learn many different dances throughout this fun program. Winter: 10 Thursdays starting Feb. 16, 6:00–7:00 pm, \$99, Kennedy Elementary School. Spring: 5 Thursdays starting May 11, 6:00–7:00 pm, \$50, 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! 3:30–4:30 pm, \$80 per session. Winter: 8 Mondays starting Jan. 9, Oak Street Elementary Gym. Spring: 8 Mondays starting Apr. 3, Horace Mann Middle School Gym.

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. 6:30–7:30 pm, Kennedy Elementary School. Winter: 10 Tuesdays starting Jan. 10, \$99. Spring: 8 Tuesdays starting Apr. 4, \$80.



Hatha Yoga: This class is geared toward beginners who have never done yoga before, or anyone looking for a more gentle approach to exercise. 7:15–8:15 pm, Kennedy Elementary School. Winter: 10 Thursdays starting Jan. 12, \$99. Spring: 8 Thursdays starting Apr. 13, \$80.



Ladies' Snowshoe/Trek: You choose to hike or snowshoe in this invigorating winter class for the physically fit hiker as we explore local park areas. 9:45–11:00 am, \$30 per session.

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

Winter 1: 6 Thursdays, starting Jan. 12 –OR– 6 Saturdays, starting Jan. 14.

Winter 2: 6 Thursdays, starting Mar. 9 –OR– 6 Saturdays, starting Mar. 11.



Vinyasa Flow Yoga: A series of yoga postures connected through flowing movements, Vinyasa Flow Yoga helps to connect breath, mind, and body. 6:00–7:00 pm, Kennedy Elementary School. Winter: 10 Wednesdays, starting Jan. 11, \$99. Spring: 8 Wednesdays starting Apr. 5, \$80.



Ladies' Light Hiking: Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. 9:45–11:00 am, \$30. First Location: F. Gilbert Hills State Forest, Foxboro. 6 Thursdays, starting May 4 –OR– 6 Saturdays, starting May 6.

Yoga For Anyone – Adults and Teens Grades 9-12: Relieve the stresses of the day and get some good core workout moves, too! 7:15–8:15 pm, Kennedy Elementary School. Winter: 10 Wednesdays, starting Jan. 11, \$99. Spring: 8 Wednesdays, starting Apr. 5, \$80.



Mindful Monday–Fight Stress & Find Serenity: For beginners or anyone wants to incorporate mindfulness into their daily life, this class will provide you with the tools you need to develop your own meditation practice. 5:30–6:30 pm, Franklin High School. Winter: 10 Mondays starting Jan. 9, \$99. Spring: 8 Mondays starting Apr. 10, \$80.



Women's Self Defense: We will teach basic self-defense skills as well as safety tips for keeping yourself safe and being able to get out of a dangerous situation. 2 Mondays, Feb. 6 and Feb. 13, 5:30–6:30 pm, \$35, Kennedy Elementary School.



Qigong: Qigong is an ancient energy exercise used to not only enhance the body's energy flow, but also to reduce stress and increase flexibility. 5 Mondays starting Mar. 13, 6:45–7:45 PM, \$60, Kennedy Elementary School.

Running Your First 5K: Catered to beginners, you will progress from a walker to a runner over the course of 10 weeks. Workouts will be followed with stretching and advice about running and nutrition. 10 Thursdays starting Apr. 27, 6:30–7:30 pm, \$75, Pond Street Recreation Complex, Norfolk.



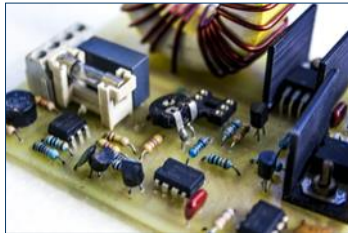
WORKSHOPS & SPECIAL EVENTS

Marketing Your Small Business and Nonprofit: In this one-night class you will learn how to develop a sound marketing strategy, create tactics that are scaled to your organization and budget, and execute your plan across multiple marketing platforms. Thursday, Mar. 30, 6:30–8:00 pm, \$30, Franklin High School.



Lifelong Community Learning's ONLINE LEARNING

Anytime, anywhere...just a click away!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Program Features:

- 6—18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Categories Include:

- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

***JUMP START YOUR CAREER
OR FIND A NEW ONE!***

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

Course Features:

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Categories Include:

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education
- Technology

Visit our website for program details!

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