



Lifelong Community Learning

Winter / Spring 2021-2022 Course Offerings



Arts & Crafts



Lifestyle & Culture



Exercise & Wellness



Team Sports



Workshops & Special Events



Online Learning



Grades K thru 8



Current Brochure

Lifelong Community Learning Registration Information and Policies

Registration Options

Online: [Register](#) for your class through our secure website. We accept MasterCard, Visa, Discover, and Electronic Check. The credit card charges will state "FPS - Lifelong Learning" on the billing.

Telephone: Call us at (508) 613-1480 Monday through Thursday from 1:00pm to 7:00pm.

Course Withdrawal Policy - If you withdraw from a course at two weeks prior to the course start date, you will receive a full refund, less a \$10 *OR* 10% processing fee, whichever is greater.

If you withdraw less than two weeks before the course start date, there are no refunds, no credits, and no transfers unless there is a medical reason and it is documented by a physician. A documented medical statement from a physician will allow the registrant to receive a prorated refund for the remaining classes, less a \$10 *OR* 10% processing fee, whichever is greater.

Minimum Age Policy - All registrants must be at least 18 years of age in order to participate in Lifelong Community Learning classes. There are two exceptions: (1) Kids' Corner classes, where students are grouped according to their grade levels, and (2) any class involving alcohol demonstrations and/or tastings - students must be at least 21 years of age to participate.

Course Cancellation Policy - Lifelong 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. Please register at least two weeks prior to the start of a Lifelong Community Learning class. We depend on student tuition to run classes and pay instructors and need to plan accordingly.

Classes will be made up if 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 check our website for cancellation information. If the instructor needs to cancel a class, we will advise you by email.

Course Discounts

Senior - people 65 years of age and older may enroll in courses at a 10% discount with the exception of food, wine, or private vendor courses.

Employee - Town of Franklin employees who regularly work 20 or more hours per week during the school year may enroll themselves or their minor children in courses at a 10% discount with the exception of food, wine, or private vendor courses.

Need-Based Scholarships - Franklin Public Schools students in K-12 who are registering for classes held at an FPS location and who are currently receiving free or reduced lunch are eligible for one scholarship per quarter (Fall, Winter, Spring, Summer) in any of the following Lifelong Learning Institute programs: Community Learning, Music Academy, Solutions Extended Learning or Summer Programs.

**discounts cannot be combined - only one discount per class*

For more information or to register for a class please click on the category name link in each section.



[ARTS & CRAFTS](#)

The Art of Acrylic Painting

Instructor: Diane Choquette

Whether you are just starting to paint or are looking to continue to develop your painting skills, this class is for you. In this class we will teach basic techniques as well as explore color and texture and how they come together. We will show you how to find your own artistic style and to be more confident in color choices. **NOTE:** Downloadable Materials List will be included in confirmation notice after registering.

Day/Dates: Wednesdays, Jan. 12, 19, 26, Feb. 2, 9, 16, March 2, 9, 16, 23 (No class 2/23)

Number of Sessions: 10

Time: 6:30 to 9:00 pm

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$115

Acrylic Art Mini-Series

Instructor: Diane Choquette

Explore acrylic painting in this mini-series. You will follow the instructor in creating a separate piece during each of five sessions, one for each season of the year and a still life or a creation of your own.

Day/Dates: Wednesdays, April 13, 27, May 4, 11, 18 (No class 4/20)

Number of Sessions: 5

Time: 6:30 to 9:00 pm

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$65

Hand Built Pottery - A Two-Night Workshop

Instructors: Patricia & Larry Vintinner

Always wanted to try pottery, but couldn't find the time? Here's your chance! Spend two evenings molding and glazing clay into unique ceramic creations using hands-on techniques. **NOTE:** Fee includes materials, glazing and kiln fee.

Day/Dates: Tuesday, April 5 and April 26

Number of Sessions: 2

Time: 7:00 to 8:30 pm

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$65

Watercolor *PLUS*

Instructor: Diane Choquette

Find your "me" time and immerse yourself in your own creations! Beginning watercolorists will learn the basics while more experienced watercolorists can enhance their skill and style at their level of watercolor. Critiques are offered on each student's work for added educational aid and positive, guided improvement. Sign up today, seats fill quickly. NOTE: Downloadable Materials List will be included in confirmation notice after registering.

Day/Dates: Mondays, Jan. 10, 24, 31, Feb. 7, 14, 28, March 7, 14, 21, 28 (No class 1/17, 2/21)

Number of Sessions: 10

Time: 6:30 to 9:00 pm

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$115

Watercolor - 5 week class

Instructor: Diane Choquette

Find your "me" time! Immerse yourself in your own artwork creations! You'll be painting from your first class! Beginning watercolorists will learn the basics, more experienced watercolorists can enhance their skill and style at their level of watercolor. Critiques are offered on each student's work for added educational aid and positive, guided improvement. Sign up now, seats fill up quickly. NOTE:

Downloadable Materials List will be included in confirmation notice after registering.

Day/Dates: Mondays, April 11, 25, May 2, 9, 16 (No class 4/18)

Number of Sessions: 5

Time: 6:30 to 9:00 pm

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$65



EXERCISE & WELLNESS

Community Walking – **ANNUAL REGISTRATION REQUIRED**

Free and open to the public, September 13, 2021 thru May 26, 2022

Franklin residents are invited to walk on the indoor track or in the first floor hallways. Walking is available Monday, Tuesday, Wednesday, and Thursday evenings from 5:30 PM to 7:30 PM when Lifelong Community Learning is in session. There is no walking when school is closed or during school vacations. Walkers may use the elevated track when there are no games taking place in the gym.

Walkers should enter the community (Panther) door and go to the Lifelong Community Learning Office, Rm 137, sign-in, and receive a guest lanyard. When finished walking, participants must return to the Lifelong Community Learning Office, sign-out, and return the guest lanyard. For more information, please email lcl@franklinps.net or call the Lifelong Community Learning Office at **508-613-1480**. **You may complete the Annual Registration Form in advance on our website or in person when you arrive.**

Ladies' Light Hiking –Thursdays & Saturdays

Instructor: Nanci Cahalane

Add dimensions to your walking or jogging - do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be given out). First meeting location listed below.

SPRING SESSION: Thursdays, May 5, 12, 19, 26, June 2, 9

–OR– **Saturdays**, May 7, 14, 21, June 4, 11, 18 (No class 5/28)

Time: 9:45 am to 11:00 am

Number of Sessions: 6

Location: F. Gilbert Hills State Forest, Foxboro

Cost: \$25

First meeting location: F. Gilbert Hills State Forest, Foxboro, MA

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 Route 1. Follow Route 1 for 1½ miles then turn left at lights on to Thurston Street. Follow Thurston for 1½ miles (pass Normandy Farms on your right) and turn left onto Mill Street. Follow Mill for approx. 9/10 of a mile (passing Chapel Meeting House on your right) parking lot on your right; across from the main entrance.

Ladies Snowshoe /Trek - Thursdays & Saturdays

Instructor: Nanci Cahalane

Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year-Hiking rails and serene during the winter months. Fresh fallen snow only adds to the magic? Plus, you can burn up to 1,000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. Every week we will meet at a new location (a list will be given out). First meeting location listed below.

Winter Session 1: Thursdays, Jan. 13, 20, 27, Feb. 3, 10, 17

–OR– **Saturdays**, Jan. 15, 22, 29, Feb. 5, 12, 19

Winter Session 2: Thursdays, March 10, 17, 24, 31, April 7, 14

–OR– **Saturdays**, March 12, 19, 26, April 2, 9, 16

Time: 9:45 am to 11:00 am

Number of Sessions: 6 per session

Location: F. Gilbert Hills State Forest, Foxboro

Cost: \$25 for winter, \$25 for spring

First meeting location: F. Gilbert Hills State Forest, Foxboro, MA

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 Route 1. Follow Route 1 for 1½ miles then turn left at lights on to Thurston Street. Follow Thurston for 1½ miles (pass Normandy Farms on your right) and turn left onto Mill Street. Follow Mill for approx. 9/10 of a mile (passing Chapel Meeting House on your right) parking lot on your right; across from the main entrance.

Hatha Yoga Thursday

Instructor: Tranquil Souls Yoga

The practice of Hatha Yoga helps to increase strength, flexibility, and posture as well as decreases the stresses of everyday life. Yoga, which has been around since the 15th 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. NOTE: Unsure about yoga? Try our Yoga for Anyone at 6:30 pm.

SPRING SESSION: Thursdays, April 7, 28, May 5, 12, 19, 26, June 2, 9 (No class 4/14, 4/21)

Time: 7:30 to 8:30 pm

Number of Sessions: 8 for Winter, 8 for Spring

Location: Kennedy Elementary School, 551 Pond Street, Franklin

Cost: \$80 for winter, \$80 for spring

Yoga For Anyone

Instructor: Tranquil Souls Yoga

If you've never done yoga, Yoga For Anyone is a great place to start! Relieve the stresses of the day and get some good core workout moves, too. Please bring a yoga mat and wear comfortable clothes to class.

WINTER SESSION: Thursdays, Jan. 13, 20, 27, Feb. 3, 10, 17, March 3, 10 (No class 2/24)

Winter Session Time: 6:30 to 7:30 pm

SPRING SESSION: Thursdays, April 7, 28, May 5, 12, 19, 26, June 2, 9 (No class 4/14, 4/21)

Spring Session Time: 6:15 to 7:15 pm

Number of Sessions: 8 for Winter, 8 for Spring

Location: Kennedy Elementary School, 551 Pond Street, Franklin

Cost: \$80 for winter, \$80 for spring

LaBlast Dance Fitness - *partner-free*

Instructor: Jenny Barrett

LaBlast is an energizing dance fitness program that uses easy to follow ballroom dance patterns.

Students will learn the basic steps of several dance styles, while enjoying music from all genres. Classes are low impact and for all levels of fitness. Partner-free and no experience necessary. Come learn the true skill of dance!

WINTER SESSION: Mondays, Jan. 10, 24, 31, Feb. 7, 14, 28, March 7, 14 (No class 1/17, 2/21)

SPRING SESSION: Tuesdays, April 5, 12, 26, May 3, 10, 17, 24, 31 (No class 4/19)

Time: 6:30 to 7:30 pm

Number of Sessions: 8 for winter, 8 for spring

Location: Kennedy Elementary School, 551 Pond Street, Franklin

Cost: \$80 for winter, \$80 for spring

Teen Yoga for Girls

Instructor: Gail Metivier

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.

WINTER SESSION: Wednesdays, Jan. 12, 19, 26, Feb. 2, 9, 16, March 2, 9 (No class 2/22)

SPRING SESSION: Wednesdays, March 30, April 6, 13, 27, May 4, 11, 18, 25 (No class 4/20)

Time: 6:00 to 7:00 pm

Number of Sessions: 8 for Winter, 8 for Spring

Location: Kennedy Elementary School, 551 Pond Street, Franklin

Cost: \$80 for winter, \$80 for spring

Vinyasa Flow Yoga

Instructor: Gail Metivier

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. Please bring a yoga mat and wear comfortable clothes to class.

WINTER SESSION: Wednesdays, Jan. 5, 12, 19, 26, Feb. 2, 9, 16, March 2, 9, 16 (No class 2/23)

SPRING SESSION: Wednesdays, March 30, April 6, 13, 27, May 4, 11, 18, 25, June 1, 8 (No class 4/20)

Time: 7:30 to 8:30 pm

Number of Sessions: 10 in winter, 10 in spring

Location: Kennedy Elementary School, 551 Pond Street, Franklin

Cost: \$90 for winter, \$90 for spring



LIFESTYLE & CULTURE

Using Google to Learn About Your Wine

Instructor: Mark Lenzi

“Hey Google, tell me about this wine.” This is a sit down educational tasting event held in the Franklin Liquors wine room. Nutrition labels on food provide lots of useful information. For wine, important information is not so readily available. We will show you how to find industry secrets about your wine, exploring wine contents, availability, and locations using all Google offers.

Day/Date: Tuesday, March 22

Time: 7:00 to 9:00 pm

Number of Sessions: 1

Location: Franklin Liquors, 363 East Central Street, Franklin

Cost: \$30

Conversational Italian for Adults

Instructor: Pamela Ringrose

Buon giorno! Is a trip to Italy in your future OR would you simply like to learn the language? Then this is the place! Through situational vocabulary framed in a cultural context, you will learn the basics to make a stay in Italy even more pleasant. Get ready to learn about greeting, sightseeing, ordering food and shopping – Italian style! The required text, *Italian in 10 Minutes a Day*, can be purchased from Bilingual Books, Inc. at 800-488-5068 or through Amazon.

SPRING SESSION: Tuesdays, March 29, April 5, 12, 26, May 3, 10, 17, 24 (No class 4/19)

Time: 6:30 to 8:00 pm

Number of Sessions: 8

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$90

Conversational Spanish for Adults

Instructor: Guadalupe Rivera-Franco

Buenos días! Is a trip in your future OR would you simply like to learn a new language? Then this is the place! Through situational vocabulary framed in a cultural context, you will learn the basics to make a travel stay even more pleasant. Get ready to learn about greeting, sightseeing, ordering food and shopping – Spanish style! The text, *Spanish in 10 Minutes a Day*, can be purchased through Amazon.

WINTER SESSION: Wednesdays, Jan. 19, 26, Feb. 2, 9, 16, March 2, 9, 16 (No class 2/23)

Time: 7:15 to 8:15 pm

Number of Sessions: 8

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$79



[ONLINE LEARNING](#)

Ed2go Online e-Learning Courses

Lifelong Community Learning offers online personal development and career training certification courses in partnership with Ed2go. These online courses are 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.



KIDS' CORNER

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.

Kids' Beginner Italian – Grades 4 & 5

Instructor: Pamela Ringrose

Kids' Beginner Italian classes are always lively & fun. Students will learn animal names, colors, numbers, basic expressions and more while drawing, coloring, and playing games.

SPRING SESSION: Tuesdays, April 5, 12, 26, May 3, 10, 17 (No class 4/19)

Time: 4:30 to 5:30 pm

Number of Sessions: 6

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$79

Kids' Basic Spanish – Grades 3–6

Instructor: Guadalupe Rivera-Franco

Hola ninos! Come learn basic Spanish vocabulary, sentence structure and pronunciation using children's stories, songs, and games in a relaxed, friendly atmosphere.

WINTER SESSION: Wednesdays, Jan. 12, 19, 26, Feb. 2, 9, 16

Time: 6:00 to 7:00 pm

Number of Sessions: 6

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$79

Kids' Cooking Class – Grades 3–5

Instructor: Sandhya Jain

In these 1-hour classes, students will gain additional kitchen skills learning techniques like searing, sautéing, folding, and more. They will create 1 -2 dishes per week depending on complexity and timing.

WINTER SESSION: Wednesdays, Jan. 12, 19, 26, Feb. 2, 9

SPRING SESSION: Wednesdays, March 9, 16, 23, 30, April 6

Time: 4:30 to 5:30 pm

Number of Sessions: 5 for winter, 5 for spring

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$150 for winter, \$150 for spring

NOTE: Kids' Corner APRONS AVAILABLE FOR PURCHASE - \$11.99

Kids' Cooking Class – Grades 6–8

Instructor: Sandhya Jain

A class of complex culinary creations, cutlery, and more. In these 1-hour classes students will learn more complex kitchen skills. For example: culinary terminology, more intricate knife skills, and working with more sophisticated menus. They will create dishes that are somewhat complex, yet fun like baking fresh bread, making sauces for ravioli, etc.

WINTER SESSION: Wednesdays, Jan. 12, 19, 26, Feb. 2, 9

SPRING SESSION: Wednesdays, March 9, 16, 23, 30, April 6

Time: 5:45 to 6:45 pm

Number of Sessions: 5 for winter, 5 for spring

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$150 for winter, \$150 for spring

NOTE: Kids' Corner APRONS AVAILABLE FOR PURCHASE - \$11.99

Kids' February Vacation Cooking Camp – Grades 4–7

Instructor: Sandhya Jain

It's February vacation and it's a great time for cooking camp! For 3 hours each day over 3 days, students will enhance their kitchen skills and learn complex techniques like searing, sautéing, folding and more. Menus and recipes are fun and challenging at the same time. Here's a sample of what the students will be cooking.

Day 1 ~ Italian: Fresh herb pasta, chicken piccata, and fresh salad

Day 2 ~ American: Bacon cheddar cheese burgers, baked mashed potatoes, and loaded chocolate chip cookies

Day 3 ~ Mexican: Quesadillas with fresh salsa and guacamole, and hot chocolate cupcakes

Day/Dates: Tuesday through Thursday, February 22, 23, 24

Time: 9:00 am to 12:00 pm

Number of Sessions: 3

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$225

Kids' February Vacation Painting Class – Grades 4–7

Instructor: Diane Choquette

What a great way to spend a morning OR an afternoon during February vacation and have some creative fun. Students will get to paint their own canvas and, in 3 hours, each will take home their very own masterpiece. Supplies are included.

Day/Dates: Thursday, February 24 (choose morning or afternoon)

Time: 9:00 am to noon **–OR–** 12:30 to 3:30 pm

Number of Sessions: 1 morning, 1 afternoon

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$70 morning, \$70 afternoon

Kids' April Vacation Cooking Camp – Grades 4 – 7

Instructor: Sandhya Jain

It's April vacation and it's a great time for cooking camp! For 3 hours each day over 3 days, students will enhance their kitchen skills and learn complex techniques like searing, sautéing, folding, and more. Menus and recipes are fun and challenging at the same time. Here's a sample of what the students will be cooking.

Day 1 ~ France: Banana strawberry crepes, dinner rolls with honey butter, and coconut macarons

Day 2 ~ Mexico: Soft tacos with fresh tortillas, guacamole/salsa, and hot chocolate cupcakes.

Day 3 ~ America: Fresh bagels, spiralized salad, and apple pie cups.

Day/Dates: Tuesday thru Thursday, April 19, 20, 21

Time: 9:00 am to 12:00 pm

Number of Sessions: 3

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$225

Home Safety & Security for Kids – Grades 1–5

Instructors: FRANKLIN Police Community Service Officers

Children learn the basics of being safe when home alone for short periods of time, whether by plan or because of any emergency. They will learn how to safely answer the telephone and door as well as review Internet safety and accident prevention.

Day/Dates: Tuesday, January 25

Time: 4:00 to 5:00 pm

Number of Sessions: 1

Location: Franklin High School Auditorium, 218 Oak Street, Franklin, MA

Cost: FREE–Registration Required

Internet & Social Media Safety for Students – Grades 6–8

Instructors: Franklin Police Community Officers

Social networks involve a lot of sharing, including photos, videos, links, and personal information - and it's not always good. This class will help your middle schooler understand that when they share information with their friends, they may actually be sharing with more people than they realize.

Day/Dates: Tuesday, March 22

Time: 4:30 to 5:30 pm

Number of Sessions: 1

Location: Franklin High School, 218 Oak Street, Franklin

Cost: FREE–Registration Required



TEAM SPORTS

Intermediate Co-Ed Volleyball, Monday

Instructor: Derek Pisano

Build your 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 for all!

Day/Dates: Mondays, Jan. 24, 31, Feb. 7, 14, 28, March 7, 14, 21, 28, April 4, 11, 25, May 2, 9
(No class 2/21, 4/18)

Time: 7:00 to 10:00 pm

Number of Sessions: 14

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

Cost: \$140

Badminton

Instructor: Niharika Verma

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 - 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.

WINTER SESSION: Wednesdays, Jan. 5, 12, 19, 26, Feb. 2, 9, 16, March 2, 9, 16 (No class 2/23)

SPRING SESSIONS: Wednesdays, March 30, April 6, 13, 27, May 4, 11, 18, 25, June 1, 8 (No class 4/20)

Time: 7:00 to 10:00 pm

Number of Sessions: 10 for winter, 10 for spring

Location: Remington Middle School, 628 Washington Street, Franklin

Cost: \$119 for winter, \$119 for spring

Basketball for Men, Tuesday

Instructor: Brian LaPlaca

Looking for a night of fun and exercise? Join us for a great workout and some friendly competition. Basketball is a great way to destress and add variety to your routine. In this handball game players will use skills such as dribbling, shooting, running, and jumping....It's BASKETBALL - be part of the fun!

WINTER SESSION: Tuesdays, Jan. 4, 11, 18, 25, Feb. 1, 8, 15, March 1, 8, 15 (No class 2/22)

SPRING SESSION: Tuesdays, March 29, April 5, 12, 26, May 3, 10, 17, 24, 31, June 7 (No class 4/19)

Time: 7:00 to 10:00 pm

Number of Sessions: 10 for winter, 10 for spring

Location: Remington Middle School, 628 Washington Street, Franklin

Cost: \$119 for winter, \$119 for spring

Basketball for Men, Thursday

Instructor: Brian LaPlaca

Looking for a night of fun and exercise? Join us for a great workout and some friendly competition. Basketball is a great way to destress and add variety to your routine. In this handball game players will use skills such as dribbling, shooting, running, and jumping....It's BASKETBALL - be part of the fun!

WINTER SESSION: Thursdays, Jan. 6, 13, 20, 27, Feb. 3, 10, 17, March 3, 10, 17 (No class 2/24)

SPRING SESSION: March 31, April 7, 28, May 5, 12, 19, 26, June 2, 9, 16 (No class 4/14, 4/21)

Time: 7:00 to 10:00 pm

Number of Sessions: 10 for winter, 10 for spring

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

Cost: \$119 for winter, \$119 for spring



[Workshops & Special Events](#)

Message From Spirits: A Mediumship Experience

Instructor: Stephanie McBride

Stephanie has been connecting people with lost loved ones for more than 20 years. The experience is always very personal and unique to each individual. This mediumship demonstration will include a discussion of some frequently asked questions about spirits, as well as an introduction and explanation of how mediumship works. Stephanie will make connections with spirits for some audience members.

Day/Dates: Tuesday, April 5

Time: 7:00 to 9:00 pm

Number of Sessions: 1

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$40

Creative Writing For Beginners

Instructor: Jane Lebak

Have you ever thought, "I'd like to write a book, but I don't know where to start"? If the answer is yes, then here is the course for you. All you need is to open yourself up and allow your ideas to flow, along with a writing implement to corral those ideas. Creative Writing For Beginners combines teaching the key elements of storytelling with developing the protagonist. Once you have that, you are on your way to writing your story.

Day/Dates: Thursdays, March 10, 17, 24, 31, April 7

Time: 6:00 to 7:30 pm

Number of Sessions: 5

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$75

Cinco de Mayo Mexican Quick Bites

Instructor: Guadalupe Rivera-Franco

Just in time...Celebrate Cinco de Mayo with these delicious appetizer ideas that are perfect for any fiesta. You will learn how to make tortilla dough that can be used for a variety of quick appetizers, perfect for a small gathering. Instructor will demonstrate techniques and attendees will have the opportunity to sample the final product.

Day/Dates: Thursday, April 28

Time: 7:00 to 9:00 pm

Number of Sessions: 1

Location: Franklin High School, 218 Oak Street, Franklin

Cost: \$35

Behavior: The Language of Children (Creator: Donna Shea) - A ZOOM Workshop

Instructor: Donna Shea

Children communicate through their behavior. Behavioral problems may occur when we misunderstand what a child is trying to tell us. Adults and caregivers may find themselves continuously addressing the same behaviors and wondering why the child keeps repeating these behaviors despite repeated reminders and discipline. This workshop will help you to *get under* the behavior and discover what it is a child is trying to tell you, how to tell the difference between when a choice of action is in or out of a child's control and provides simple, yet effective use-in-the-moment tools for managing behavior issues.

Day/Dates: Thursday, March 31

Time: 6:30 to 8:00 pm

Number of Sessions: 1

Location: ZOOM Remote Workshop

Cost: \$25



MEET OUR INSTRUCTORS

Jenny Barrett is a certified LaBlast Dance Fitness instructor. She is an award-winning dance instructor experienced in group lessons as well as weekly private lessons and practice.

Nanci Cahalane is a certified AFAA Personal Trainer and Fitness counselor with more than 17 years of personal training experience. She was an MIAA Certified coach and has competed in numerous marathons during her 35 years of running and racing experience.

Diane Choquette has been creating various types of art from paintings, 3D arts and crafts for over 25 years. She received a Bachelor of Fine Arts with a concentration in painting from Framingham State University. She is also a member of the Franklin Art Association.

Franklin Police Community Services Officers. FPD CSO Officers are all veteran officers that are assigned to the Franklin Public Schools. They have received various training related to safety and youth issues.

Guadalupe Rivera-Franco, is a Franklin resident and native of Mexico. She is well versed in the Spanish language and the art of Mexican cooking. She brings that experience and enthusiasm to the classroom.

Sandhya Jain, owner of Sandhya's Kitchen, shares her passion for making cooking easy, effortless, healthy, and delicious with her students in the various Kids Cooking Classes through the Kids Corner program. In addition, she currently conducts adult education cooking classes at various locations throughout the greater Franklin area.

Jane Lebak has been writing since age three, has been critiqued since age eleven and published since 1994. She got her Bachelor's in English and Religion from Cornell University and her Master's in English/Creative Writing from SUNY College in Brockport. She currently has over 20 novels in print, both traditionally and independently, and also writes under the pen name Maddie Evans.

Gail Metivier is Yoga Alliance Certified - E-RYT 500, YACEP (Yoga Alliance Continuing Education Provider). Her classes tend to be a slow-flowing sequence focusing on proper alignment, the connection of breath with movement, pranayama, and meditation practices. Yoga practice can take many different forms both on and off the mat. What works physically one day may not work the next. She encourages her students to practice self-awareness, self-care, and to use their practice to return to the quiet peaceful place within them.

Brian LaPlaca is a long-time enthusiast and player/coach for the game of basketball and has students returning year after year for this class.

Mark C Lenzi, CSW, CSS, CWAS, FWS, IWS, SWS, IWM, owner of Franklin Liquors, is a Certified Specialist of Wine (CSW) and Spirits (CSS) by the Society of Wine Educators. The first in MA to hold a California Wine Appellation Specialist (CWAS) title from the San Francisco Wine School. French Wine Scholar (FWS)/instructor and Spanish Wine Scholar (SWS) by the Wine Scholar Guild. Italian Wine Specialist (IWS) by the North American Sommelier Association. Oregon Wine Expert (OWE) by the Napa Valley Wine Academy, Italian Wine Maestro (IWM) Vinalty International (First USA Class). Franklin Liquors is a family-owned vintage 1978.

Stephanie McBride has a unique ability to bring peace and comfort to those left behind and to those who have moved on. Sometimes we lose people that may have unfinished business for us. You might just want to know that a loved one is all right.

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.

Pamela Ringrose is an experienced bilingual teacher who has lived and worked in Florence, Milan, France and Switzerland. She is fluent in Italian, French and basic German. She returns for another semester of teaching Italian.

Donna Shea is a behaviorist and a pioneer in providing community-based social education programs for elementary-age children. She has developed and directed programs for children at the Peter Pan Center in Massachusetts since 2002. Donna holds a degree in Behavioral Science from Lesley University and is a behavioral consultant to pre-schools, schools, parent groups, and human service agencies.

Tranquil Souls Yoga. Our Tranquil Souls Yoga Studio Team 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.

Niharika Verma is a mother and a homemaker looking to engage more with the community she lives in. She is also a sportswoman with a love for sports like badminton, dance, and ice hockey. Her children have played various sports growing up and she has appreciated and enjoyed the community that it builds. As her children have grown up and moved on, she is looking for new opportunities to stay engaged.

Patricia Vintinner is a long-time elementary school teacher and the owner of Claymark Studio Ceramics in Franklin, MA.

Larry Vintinner is ceramicist and teacher at Claymark Studio since 2017.