Chelmsford Public Schools
CHELMSFORD COMMUNITY EDUCATION
170 Dalton Road • Chelmsford • Massachusetts • 01824

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Evening Programs
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Chelmsford High School
Lauren MacLeod, Supervisor
CommEd Center

Online registration now available for all classes

978 • 251 • 5151

www.Chelmsford.k12.ma.us/commed
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Tester: The text is clear and readable. It contains information about Chelmsford Community Education, including its purpose, programs, and contact information. There are also details about the staff members and online registration availability. The text is well-organized and easy to follow.
Before you look inside…

take a peek at what else we offer.

Do you have a talent, interest or vast knowledge on a subject or software package that you would love to share with others?

If so, we would like to speak with you!
Perhaps you could become one of our dedicated Adult Ed instructors.
Call (978) 251-5151 for details or email commed@Chelmsford.k12.ma.us

CHILDCARE

Extended Day

Our Extended Day Programs offer a valuable service to working parents with children in grades K-6. Our qualified staff provides a safe and harmonious environment in which children make age appropriate choices that lead to sound social, emotional and physical development.

The Extended Day Program covers mornings (as early as 7AM) and afternoons (until as late as 6 PM). The program is offered at several sites: Byam, Center, Harrington and South Row. Parker offers afternoon coverage only for all middle school children in 5th & 6th grade (McCarthy students are bussed to Parker).

In the AM, middle school children attend an elementary center then are bussed to their middle school.

A further service we provide is February and April school vacation coverage from 7 AM–6 PM (as early as 7AM) and afternoons (until as late as 6 PM). The program is offered at several sites: Byam, Center, Harrington and South Row. Parker offers afternoon coverage only for all middle school children in 5th & 6th grade (McCarthy students are bussed to Parker).

In the AM, middle school children attend an elementary center then are bussed to their middle school.

A further service we provide is February and April school vacation coverage from 7 AM–6 PM at the Community Education Center for an additional fee.

PRESCHOOL

Full Day Preschool/Pre-K and Toddler Care

The Lion’s Pride Program offers a full day classroom experience for children. Our certified teachers come to our program with years of experience allowing them to offer a hands-on, theme-based curriculum with ease.

The Lion’s Pride Program offers care for children ranging from 18 months until the child enters kindergarten. We are a small program that offers a comfortable family style feeling, while maintaining the standards and security of a school setting. The children are split into age appropriate classrooms; toddlers, three and four year olds. This allows for specialized curriculum time that is age appropriate. Our days are packed with exciting activities and experiences which allow the children to grow and develop at their own pace.

Our classrooms are filled with learning centers and opportunities for the children to soar academically. With our state of the art materials we are able to exceed the recommendations offered by the MA Preschool Curriculum Guideline. Children work in small groups with the teacher on a daily basis to achieve maximum development.

The children in our rooms have separate areas for: creative play, building & construction, circle time, writing, math & science exploration, art and music & sensory play. We also include a weekly visit to a computer specialist and bi-monthly visit from our music teacher.

Our Toddler Classrooms offer a large space with an abundance of toys to allow our youngest students to play and explore. We provide areas for gross motor, fine motor and art within the classroom. The teachers work with each child to help them reach his/her personal developmental milestones. This classroom is filled with hugs, smiles and laughter.

Our Preschool Classroom recognizes that three year old children are in a year of transition. They are seeking independence while still dependent on adult reassurance.

Special focus on social skills is built in to our plans. We provide daily activities to encourage social development and confidence, while providing safe boundaries. Our preschool curriculum is built around introduction of the alphabet. Each week is packed with exciting activities based on the letter of the week.

We use the Lively Letter and Handwriting without Tears curriculum to introduce writing in the same way as the Chelmsford Public Schools.

The Wrap-Around Classroom is an integrated, mixed-aged classroom for 3 & 4 year olds. This room provides a different dynamic by combining children of different ages; any student who attends CHIPS and need extended care will join this classroom. Classroom will focus on social skills as well as academic development centered on weekly themes.

Our Pre K curriculum has been created around week long themes. The teachers are able to look at each unit in depth and provide the maximum learning opportunities. We use the Lively Letter and Handwriting without Tears curriculum to introduce writing in the same way as the Chelmsford Public Schools. We also realize the tremendous value of learning through play. The Pre K classroom offers ample play time and creative activities to reinforce social skills and independence.

Lion’s Pride follows the Chelmsford Public School calendar. Our hours of operation are 7 AM until 5 PM. Hot lunch, snacks & drinks are included. For more information please call 978-251-5151 to set up a tour!

Part Time Preschool

The Lion’s Den offers a Part-Time Preschool experience in a warm, safe and secure learning environment for your child. We are located in a very large, double classroom on the lower level of the high school. In this space, we have a block corner, a housekeeping area, game...
tables, tool center, a climber, a clay table, a water table, an easel, computers, and an arts and crafts area. For the first portion of the day, the children are free to choose any activities that interest them. Movement from one activity to another is regulated by the child. In addition, we have daily music and story/language blocks. We also have an outdoor play area that is utilized every day, winter included—weather permitting. These highly motivated students gain hands-on experience in the preschool field while providing our staff with valuable assistance and favorably impacting our teacher/student ratio. A bonus for your child is the natural youthful exuberance teens provide. Call 978-251-5111, x 5660 to schedule a tour.

Chelmsford Integrated Preschool (CHIPs) is an integrated preschool that includes both children with specific special needs and children who have no identified needs. Inclusive education provides meaningful education to developing young children. CHIPs is a program of Chelmsford Public Schools through a partnership between Special Education and Chelmsford Community Education. For more information contact Amy Matson at 978-251-5188, x6062 or matsona@chelmsford.k12.ma.us.

SUMMERFEST AT A GLANCE

Summerfest just keeps getting better and better! This year we introduced cooking as a club choice and were thrilled to have our art and TaeKwonDo specialist’s returning. Fun field trips were scheduled for all to participate in again this year, but we also included a couple trips especially for the children based on their grade levels. Grades 4–6 had fun at Canobie Park and the younger grades enjoyed glow bowling!

Visit our website to get a glimpse of all the awesome times that were had at Summerfest this year!

MUSIC LESSONS

Private Music Lessons

Instructors: Qualified instructors recruited and supervised by the Chelmsford Public Schools Fine and Performing Arts Department

Cost: $25 per 30 minute lesson, $48 per 60 minute lesson plus $10 registration fee for the session.

Register: To register or request further information please email Kathy Orchard, Music Lesson Coordinator, at korchard@comcast.net, or leave a message at Community Education (978) 251 5151.

RECREATION

Recreation programs such as trips, youth sports, activities and enrichment classes are offered throughout the year and over the summer months.

ed2go–ONLINE CLASSES

We offer a wide range of highly interactive courses that you can take entirely over the internet. All of our courses are led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you. Visit the link to enroll now! www.ed2go.com/ChelmComEd.

CAREER AND PROFESSIONAL

Accounting Business and Management
Certificate Prep Grant Writing and Nonprofit
Health Care Law and Legal
Sales and Marketing Start Your Own Business
Teaching and Education Veterinary

WRITING AND PUBLISHING

Business Writing Creative Writing
Grant Writing Publishing

COMPUTERS & TECHNOLOGY

Computer Applications Database Management
Graphic and Multimedia Design Web and Computer Programming
The Internet PC Networking and Security

PERSONAL DEVELOPMENT

Children, Parents and Family Digital Photography
Health and Wellness Job Search
Languages Personal Finance

Who may attend: Enrollment in Chelmsford Community Education classes is open to all. Please note certain classes have age requirements. We welcome participation from other communities.

Registration: Pre-registration is strongly recommended!

Classes only: ONLINE REGISTRATION IS NOW AVAILABLE or use the form included in this publication or print it from our website (www.Chelmsford.k12.ma.us/commed).

Trips & Music: require individual paper registration forms; available on our website or in our office.

Registrations are accepted in person at the Community Education Office located in the CommEd Center weekdays from 7:00 am to 3:30 pm, or by mail. The address is 170 Dalton Road, Chelmsford, MA 01824.

Registration forms that are faxed (978-251-5154) or scanned (commed@chelmsford.k12.ma.us) must either include a credit card # or payment sent to the above address for registration to be completed. Early registration assures you a place in the course and protects against course cancellations due to insufficient enrollment. Once the registration is sent, students should consider their registrations accepted and report to the first class unless otherwise notified. No confirmations are sent,
however, you are welcome to call our office to verify receipt. Late registration at the first class will be accepted on a space available basis.  

**Payment:** Include credit card information, or enclose a check or money order payable to Town of Chelmsford/CommEd.

### REFUND POLICY

**Fees:** Fees represent the cost of administering the Chelmsford Community Education (CommEd) program and have been set to make CommEd self-supporting. Additional fees for books, supplies, or materials may be listed in the course description. CommEd reserves the right to cancel all courses, programs and other events for which there is insufficient enrollment. If necessary, CommEd may also change course location, instructors, reschedule programs or take other administrative measures as necessary. Refunds are not automatically guaranteed based on these changes. A $10 discount is given to senior citizens, 60 and over (with the exception of trips.)

**Refund Policy:**
- **ALL CLASS fees are refundable if there is insufficient enrollment.**
- A Full (100%) Refund will be given for cancellations more than 15 days prior to the class start date, less a $10 processing fee.
- A Full (100%) Credit will be given for cancellations 8–15 days prior to the class start date.
- Credits expire one year from date of issue.
- NO REFUND OR CREDIT will be given for cancellations 7 days or less prior to start date.
- Most TRIPS have a NO REFUND POLICY. Please refer to individual registration forms for details.
- Music Lessons may have different refund policies.

**Convenience fees:** There is a 2.5% convenience fee for using credit/debit cards, ACH bank drafts are $2.00.

### INCLEMENT WEATHER

**Inclement weather:** The CommEd Office and its instructors will strive to make up all classes canceled due to inclement weather. However, make-up classes are not guaranteed.

The decision to cancel evening classes due to inclement weather will be made by 3 PM. Check our website or call the Community Education Office at 978-251-5151. Please do not call the High School number.

### QUESTIONS

Questions regarding classes, dates, registration, etc. should be directed to the Community Education staff, 978-251-5151, between the hours of 7 AM and 3:30 PM.

On Monday and Wednesday, call 978-251-5151, x6084 between the hours of 4:30 and 9 PM when classes are in session.

On Tuesday and Thursday evenings, call CHS at 978-251-5111, x1107, between the hours of 6 and 9 PM when classes are in session.

### LOCATIONS & DIRECTIONS

Please note that our enrichment programs are held at one of the following locations. Please make sure you know which location to go to for your class.

**COMMUNITY EDUCATION CENTER**
170 Dalton Road
Chelmsford 01824
On Monday and Wednesday evenings.

- **From Route 3 North:**
  Take Exit #31, take a left at the end of the ramp onto Chelmsford Street (Route 110). Bear right onto Dalton Road. The CommEd Center is on the right side.

- **From Route 3 South:**
  Take Exit #31, take a right at the end of the ramp onto Chelmsford Street (Route 110). Bear right onto Dalton Road. The CommEd Center is on the right side.

**Parking**
Parking is available around the building. Please try not to park on the street. Handicapped parking is available on the left side of the building.

**CHELFMSFORD HIGH SCHOOL**
200 Richardson Road
North Chelmsford 01863
On Tuesday & Thursday evenings.

- **From Route 3 North:**
  Take Exit #32, straight through the first light, then follow signs onto Old Westford Road. Continued below.

- **From Route 3 South:**
  Take Exit #32; take 1st right onto Old Westford Road. Continued from both North & South above...

  - Take 1st right-Graniteville Road. (Follow signs for CHS Gym and Track.) CHS is approximately 1/2 mile on your right.
  - Go past CHS; take first right onto Richardson Road.
  - Take the 2nd driveway on the right: the driveway next to Harrington School down a hill to parking lot.
  - The community education door is at the bottom of the driveway to the right. Use parking lot on the left at the bottom of hill. (Handicapped parking is available in front of the building.)

**Parking**
Ample parking is available behind the building off Richardson Road. See the directions above. Handicapped parking is available on the left side of the building.

### OUR MISSION

Chelmsford Community Education is a self-sustaining branch of the Chelmsford Public Schools. Learning is a lifelong pursuit with areas of interest and needs that are vast. Accordingly, our goal is to offer a wide variety of programs. The selections range from: academics, enrichment, sports, recreational to childcare services. We strive to provide high quality classes, programs and activities at an affordable price for students of all ages.
## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Academics and Languages</th>
<th>Computers and Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babysitting Basics</td>
<td>Introduction to the iPad</td>
</tr>
<tr>
<td>Intro to Spanish I</td>
<td>Microsoft Word 2016</td>
</tr>
<tr>
<td>Intro to Spanish II</td>
<td>Microsoft Excel 2016</td>
</tr>
<tr>
<td>SAT Preparation—Verbal</td>
<td>Quickbooks Computer Accounting</td>
</tr>
<tr>
<td>SAT Preparation—Math</td>
<td>for Small Business</td>
</tr>
<tr>
<td>Serv-Safe Food Safety Manager</td>
<td>Instruction/Certification</td>
</tr>
<tr>
<td></td>
<td>New</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Arts, Crafts and Hobbies</td>
<td>Health and Recreation</td>
</tr>
<tr>
<td>Adventures in Digital Filmmaking</td>
<td>Beginner Gentle Kripalu Yoga</td>
</tr>
<tr>
<td>Camera Basics</td>
<td>CPR—American Heart Association</td>
</tr>
<tr>
<td>Charcoal and Pastel Art Studio</td>
<td>Fact From Fiction: The Truth</td>
</tr>
<tr>
<td>Drawing I</td>
<td>About Weightloss</td>
</tr>
<tr>
<td>Drawing II</td>
<td>First Aid—American Heart Association</td>
</tr>
<tr>
<td>Fine Arts for Kids</td>
<td>Home Alone</td>
</tr>
<tr>
<td>Indoor/Outdoor Organic Composting</td>
<td>Insights Yoga—Beginning</td>
</tr>
<tr>
<td>Intro to Photography and Adobe Lightroom</td>
<td>Insights Yoga—Continuing</td>
</tr>
<tr>
<td>Knitting</td>
<td>Introduction to Meditation</td>
</tr>
<tr>
<td></td>
<td>Karate—Adults</td>
</tr>
<tr>
<td></td>
<td>Karate—Juniors</td>
</tr>
<tr>
<td></td>
<td>Karate—Little Dragons</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Business, Finance and Investments</td>
<td>Special Interests</td>
</tr>
<tr>
<td>Becoming an Entrepreneur and Staying in Business</td>
<td>Curing “Closetitis” (A Closet of Clothes but Nothing to Wear)</td>
</tr>
<tr>
<td>Creating an Innovation Practice</td>
<td>Getting Paid To Talk, Making Money With Your Voice</td>
</tr>
<tr>
<td>at Your Organization</td>
<td>Polish Your Career Image to Earn More Annual Income</td>
</tr>
<tr>
<td>Money and Divorce</td>
<td></td>
</tr>
<tr>
<td>Residential Rental Investment Made Easy</td>
<td></td>
</tr>
<tr>
<td>You Can Afford College If</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trips</td>
</tr>
<tr>
<td></td>
<td>Town News</td>
</tr>
<tr>
<td></td>
<td>Registration Form</td>
</tr>
</tbody>
</table>

### SAT Preparation—Verbal

Course #600, $129/$239/combined, CHS Rm. 331, Tuesday, 7–9 PM, 7 weeks beginning September 12 (ages Teen +)

This course prepares students for the SAT Verbal test by analyzing the types of SAT verbal questions and developing test-taking strategies. You will increase your vocabulary through direct study, word analysis and by practicing test taking through extensive use of SAT tests. SAT workbook included, bring a pencil and pen to class. Class limit is 18. Instructor: Liane Roberts.

### SAT Preparation—Math

Course #601, $129/$239/combined, CHS Rm. 331, Thursday, 7–9 PM, 7 weeks beginning September 14 (ages Teen +)

This class prepares students for the SAT Math test. It is designed to reduce anxiety and increase test scores. SAT workbook included, bring a pencil, pen and graphing calculator to class. Class limit is 18. Instructor: Bethany Carlson.

**Combined tuition for both Math and Verbal SAT Preparation is $239.**
Intro To Spanish I
Course #602, $39, CHS Rm. 333,  
Tuesday, 6:30–7:30 PM, 8 weeks beginning  
September 12 (ages 18+)
Looking for all individuals who  
want to gain a basic understanding of the  
Spanish language. This  
course will provide you with the vocabulary,  
grammar, and pronunciation necessary to  
communicate simple day to day exchanges. To  
enjoy the fruits of our labor, the final class will  
be a trip to a local restaurant run by Spanish  
speakers, where we will put our newly acquired  
tongue to the test. The restaurant will charge  
a $13 meal fee the day of the event. Students  
should bring a notebook and pen or pencil to  
class. Instructor: Alexander Desrosiers.

Intro To Spanish II
Course #603, $35, CHS Rm. 333,  
Tuesday, 6:30–7:30 PM, 7 weeks beginning  
November 7 (ages 18+)
Intro to Spanish II is a continuation of level I; it is  
strongly recommended that you take the previous  
course to be on-par with the material. This course  
is designed to build more tools for day to day  
communication and a deeper glimpse into some  
of the basic grammatical structures of Spanish.  
By the end of the course, participants will be  
able to hold simple conversations and express  
future plans in Spanish. Students should bring a  
notebook and pen or pencil to class. To enjoy the  
fruits of our labor, the final class will be a trip to a  
local restaurant run by Spanish speakers, where  
we will put our newly acquired tongue to the test.  
The restaurant will charge a $13 meal fee the day  
of the event. Instructor: Alexander Desrosiers.

Serv-Safe Food Safety  
Manager Instruction/  
Certification
Course #528, $39 , CommEd Rm. 2 ,  
Mon. & Wed., 6–8 PM, 2 weeks beginning  
September 11 (ages 18+)
The ServSafe Manager is a four-2 hour day  
classroom instruction with the exam on the last  
day. The class helps students prepare to take the  
7th Edition ServSafe Food Protection Manager  
Certification Exam. This instruction is perfect  
for anyone applying for certification for the first  
time. Others interested in food safety and not  
necessarily in the food service field are also  
welcome. It covers critical principles including:  
personal hygiene, cross contamination, time and  
temperature, receiving and storage, food safety  
management systems, training hourly employees,  
and more. Class is taught in English, however  
textbooks and exam are offered in Spanish,  
Chinese, and Korean. ServSafe certification  
is accepted in all 50 states for regulatory  
requirements. A $70 material fee payable to  
the instructor for the textbook and exam will be  
collected the first day of class. Students should  
bring a laptop on exam day if they choose to take  
the online exam. Instructor: Deborah McLean.

Sewing
Course #605, $149, CHS Rm.109, Tuesday,  
6:30–9:15 PM, 10 weeks beginning  
September 12 (ages 18+)
This class is based on  
your own individual  
project. Our first class is  
held at Jo-Ann Fabrics in  
Westford, where you will  
be helped in choosing  
a pattern, fabric, and  
the notions you will need. In the following  
classes you will learn how to measure  
correctly, read, adjust and cut out a pattern,  
and, finally, put it all together. Please bring  
your own sewing machine to class. By using  
your own machine you will become more  
familiar with all that your machine can do.  
Instructor: Therese Quinn.

Drawing I
Course #606, $99, CHS Rm. 230, Tuesday,  
6:30–8:30 PM, 10 weeks beginning  
September 12 (ages 18+)
Learn the basics of  
drawing. See how form  
and shading make your  
pictures look realistic  
and three dimensional.  
Students will be taught  
an exciting technique, using four basic  
shapes. From the shapes, at least two finished  
pictures will be created. Students will be  
responsible for supplies/materials, which will  
include turpenoid (clear not yellow), drawing  
pencils (2B, 4B and 6B), colored pencils  
(Berol, Prismacolor preferred—do not choose  
“Verithin”), 11”x14” sketchpad (spiral bound is  
best, smooth surface) and erasers (kneaded  
rubber and hard rubber). This class is a great  
opportunity to explore and express your  
creative side. Instructor: Joan Turner.
Drawing II
Course #607, $99, CHS Rm. 230, Thursday, 6:30–8:30 PM, 10 weeks beginning September 14 (ages 18+)

Learn the basics of drawing. See how form and shading make your pictures look realistic and three dimensional. Students will be taught an exciting technique, using four basic shapes. From the shapes, at least two finished pictures will be created. Students will be responsible for supplies/materials, which will include turpenoid (clear not yellow), drawing pencils (2B, 4B and 6B), colored pencils (Berol, Prismacolor preferred-do not choose “Verithin”), 11” x 14” sketchpad (spiral bound is best, smooth surface) and erasers (rubber and hard rubber). This class is a great opportunity to explore and express your creative side. Instructor: Joan Turner.

Charcoal And Pastel Art Studio
Course #608, $49, CHS Rm. 235, Tuesday, 6–8 PM, 5 weeks beginning November 21 (ages 18+)

Using charcoal pencils/sticks and dry pastel sticks, you will produce a complete work of art using instructor-selected subjects to work on an 18”–24” drawing pad. Art subjects range from simple to complex life, architectural structure and human figures on occasion. Drawing methods of outline, contour, shading, blending, detailing, and connectedness are taught in achieving perspective and proportion, and orientation on the 4 canons of renaissance art. You will need the following supplies: easel, 18” x 24” drawing pad (not sketch pad or newsprint pad), charcoal pencils and sticks (some brands are sold in a kit), set of dry pastel sticks (soft and/or firm pastels preferable intermediate colors), blending stumps (comes in a package) and tri-tip eraser (white triangular-shaped eraser). Instructor: Alma Bella-Solis.

Intro To Photography And Adobe Lightroom
Course #609, $119, CHS Career Center, Thursday, 7–9:30 PM, 8 weeks beginning September 14 (ages 18+)

This course is a follow up on the Camera Basics class and is for those who wish to expand their new camera skills. It is also an introduction to Photoshop Lightroom (Lr). A typical evening will include discussions on photocomposition, camera technique and include hands on editing with Lr. You will go out with your camera and capture whatever interests you between classes. The following week we will examine your work and see how Lr can help to tell your story. You will also be introduced to taking RAW images. For this reason it is preferred that you have a DSLR camera or other camera capable of taking RAW images (most current cameras do). You should come to the first class with a new “clean” thumbdrive. Instructor: John Wren.

Adventures In Digital Filmmaking (NEW)
Course #510, $95, CHS Rm. 224, Tuesday, 7–9 PM, 8 weeks beginning October 10 (ages 18+)

Join Matt Scott, former long-time Director of Chelmsford TeleMedia and life-long filmmaker, on an adventure in digital filmmaking. The class will work together to create a short film from start to finish- including an original story idea, scripting, shooting, editing, and post-production. All equipment and materials will be provided. Just bring your enthusiasm and creativity! Instructor: Matt Scott.

Knitting
Course #500, $55, Comm Ed Meeting Rm., Monday, 6:30–9 PM, 4 weeks beginning September 11 (ages 18+)

Knitting
Course #501, $55, Comm Ed Meeting Rm., Monday, 6:30–9 PM, 4 weeks beginning October 16 (ages 18+)

Knitting
Course #502, $55, Comm Ed Meeting Rm., Monday, 6:30–9 PM, 4 weeks beginning November 13 (ages 18+)

Would you like to learn how to knit? Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? This class is open to anyone interested in knitting. Beginners will learn how to cast on, knit, purl, and cast off while knitting a small class project. Continuing knitters should either bring their own projects or the instructor will provide a project in class for the cost of the materials. Beginners should bring a ball of medium weight yarn number 4 (preferably a light color wool) and size 6, 7 or 8 straight or circular knitting needles to class. Instructor: Dale Keothe.
Fine Arts For Kids
Course #503, $59, Comm Ed Rm. 15, Wednesday, 6–7 PM, 7 weeks beginning September 13 (ages 5-12)

Fine Arts For Kids
Course #504, $59, Comm Ed Rm. 15, Wednesday, 6–7 PM, 7 weeks beginning November 8 (ages 5–12)

In this Fine Arts Class, students will work with acrylics on canvas, mixed media sheets and watercolor sheets. Students will learn different techniques to achieve particular effects. They will also learn different color mixing techniques. Creativity of each student is encouraged in the class. They will be given tips/techniques according to their age group so that they can learn and enjoy painting. A $25 material fee payable to the instructor will be collected the first day of class. Instructor: Gopika Luthra.

Learn To Draw For Kids
Course #505, $59, Comm Ed Rm. 17, Monday, 6–7 PM, 7 weeks beginning September 11 (ages 5–12)

Learn To Draw For Kids
Course #506, $59, Comm Ed Rm. 17, Monday, 6–7 PM, 7 weeks beginning November 6 (ages 5–12)

This course is for kids who love to draw and want to learn this skill. In this class we will start with basics. Students will learn about basic shapes, proportions, depth (perspective) and shading. Students will cover projects that will give them basic understanding of these concepts to go to the next level. A $25 material fee payable to the instructor will be collected the first day of class. Instructor: Gopika Luthra.

Wilton Certified: Building Buttercream Skills
Course #507, $45, Comm Ed Café, Monday, 6:30–8:30 PM, 4 weeks beginning September 11 (ages 18 +)

You will learn the three essentials of the Wilton Method of Cake Decorating such as correct bag position, pressure control and icing consistency. I will demonstrate how to make, tint, and alter consistencies of buttercream icing. Different decorating bag striping techniques will be discussed. You will learn how to fill and decorate cupcakes with the beautiful 1M rosette and swirl design. Key points for how to bake a great cake including how to level, torte, fill and get a smooth finish will be discussed and shown. We will make stars, rosettes, wavy lines, loops, and explore different texturing techniques, as well as many various borders such as a star border, easy ruffle, shell and the zig zag border. You will be shown how to transfer a pattern so that you can create your own unique designs. We will also learn how to make grass, various leaves, drop flowers, swirl drop flowers, daisies, zinnias, and ribbon roses. Writing and printing will also be taught. It’s a fun class. Hope you can join us! Please visit our website or contact CommEd for a materials list (no substitutions for icing due to needed consistency). Instructor: Mary Napoli, Wilton Certified

Wilton Certified: Flowers & Cake Design
Course #508, $45, Comm Ed Cafe, Monday, 6:30–8:30 PM, 4 weeks beginning October 16 (ages 18 +)

In this course, you will work with royal icing. This is the ideal medium for creating flowers and designs in advance. You will learn a variety of things such as how to make the icing, as well as how to create cornelli lace, beautiful brush embroidery, royal icing appliqués, rosebuds, the Wilton rose, various types of leaves, pansies, violets, lilies, and other flowers. Various borders and variations of basket weave will also be shown. Pre req: Session 1 or some experience preferred. Please visit our website or contact CommEd for a materials list. Instructor: Mary Napoli, Wilton Certified Instructor.

Wilton Certified: Fondant & Gum Paste
Course #509, $45, Comm Ed Café , Monday, 6:30–8:30 PM, 4 weeks beginning November 13 (ages 18 +), No class 11/20

Come and join us to learn how to work with fondant and gum paste. This is a wonderful medium to use for cakes and cupcakes that will help you achieve professional looking desserts. You will make bows, calalilies, roses, mums, carnations, daisies, ruffles and various borders. You will also learn how to paint on fondant with edible colors. Certificate upon completion. Prerequisite: Wilton Course 1: Building Buttercream Skills or equivalent cake decorating experience is required to take Course 3. Please visit our website or contact the CommEd for a supplies list. Instructor: Mary Napoli, Wilton Certified Instructor.
**Indoor/Outdoor Organic Composting**

Course #510, $29/$35/couple, Comm Ed Rm. 1BD, Monday, 6–9 PM, 1 evening on September 25 (ages 18+)

Are you interested in organic composting? Have you ever wondered about what happens to the outdoor compost piles during cold winter months? Are you curious to know how to compost even if you don’t have access to a backyard? How about the mystical “Compost Tea” which rejuvenates indoor and outdoor plants? Learn how to create and maintain a healthy compost bin that will be fully operational during winter months and beyond. Your compost bin will be virtually odorless and will be very easy to maintain. You will be able to compost many things such as coffee, tea, some junk mail, egg containers, fruit and vegetable peels, and more. You will take home a 1/2 lb. container of a compost starter kit which contains all the micro and macro organisms that are needed to start a perfectly healthy, organic, functioning compost bin. You will also learn how to harvest compost, and how to make compost tea all year long. Your plants will love you, the trees will love you, and our planet will thank you for taking such a Green initiative. A $15 material fee payable to the instructor will be collected for a compost kit. Instructor: Ray Pourali.

**Camera Basics**

Course #511, $89, Comm Ed Rm. 17, Wednesday, 6:30–9 PM, 6 weeks beginning September 13 (ages 18+)

Yes, you too can become a great photographer. The basic tool for all photographers is the camera. It helps if you know how to operate it effectively. The basic function of a camera is to control the light entering it and that hasn’t changed in over 100 years. In class I give you “permission” to play and explore many of the features found on today’s electronic marvels. The course is designed around DSLR cameras, but cameras with full manual control will do. Class includes a field trip to a Lowell photography studio. DSLR camera preferred, which students should bring. Instructor: John Wren.

**Residential Rental Investment Made Easy**

Course #513, $25/$35/couple, Comm Ed Rm. 15, Monday, 5:30–6:30 PM, 3 weeks beginning October 16 (ages 18+)

During this course, I will walk you through the lifecycle of rental investment and the important aspects of each phase. The goal is to reduce anxiety for the first-time rental investors/landlords by providing clear guidelines. Students will walk out with rental investment knowhow that they can use for their next investment(s). Students will have the option to purchase a $50 rental kit from the instructor. Instructor: Nupur Patel.

**Money and Divorce**

Course #514, $29, Comm Ed Rm. 2, Wednesday, 6:30–8:30 PM, 1 evening on October 11 (ages 18+)

You want to keep the house that has $150,000 in equity. Your spouse takes the stock portfolio worth $150,000. Five years from now, are one of you struggling to pay bills while the other has a growing net worth? If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this two-hour seminar could be for you. We’ll look at common financial mistakes that are often made in divorce settlements and discuss how to avoid them. You’ll gain an understanding of how issues around cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We will also look at the Alimony Reform Act of 2011 which became effective March 1, 2012 and made significant changes to alimony in Massachusetts. Be knowledgeable about your finances before you sign your settlement agreement. Instructor: Renee Senes.

**You Can Afford College If…**

Course #529, $29/$39/couple, CHS Rm. 335, Tuesday, 6:30–8:30 PM, 1 evening on October 17 (ages 18+)

You PLAN in advance. You UNDERSTAND the financial aid process. You ACT early enough to be successful. Financial aid goes to the families who plan in advance—ideally before December 31st of the child’s sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family’s eligibility even if you have a “high income” or own a business. The greatest amount of financial aid goes to the families who act during the years before college. Remember, procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Instructor: Marcia Sullivan.
Becoming an Entrepreneur and Staying In Business (NEW)
Course # 530, $49, CommEd TBD, Monday, 7–8:30 PM, 4 weeks beginning November 27 (Ages 18+)
Whether you want to start your own business or freelance on your own, there are a number of critical factors that will ultimately determine how successful you’ll be. Getting a MBA, writing a business plan and/or borrowing large sums of money are no longer required. Discover how to use lean startup techniques to vet and substantiate your business ideas with future-paying customers. Learn about how to make proactive business decisions in anticipation of marketplace changes and stay in business. Instructor: Eric Patel.

Creating an Innovation Practice at Your Organization (NEW)
Course #531, $49, CommEd TBD, Wednesday, 7–8:30 PM, 4 weeks beginning November 29 (Ages 18+)
Why do 96% of businesses fail in 10 years (and nearly half in only 4 years)? If all business models have a finite lifespan then why aren’t more companies doing a better job ensuring their survival through constant innovation? Find out how to lead an innovation initiative at your company and help your coworkers bring new ideas to life. Discover how to use lean startup techniques to dramatically increase the chances that your company’s new product or service thrives in the marketplace. Instructor: Eric Patel.

Quickbooks Computer Accounting For Small Business
Course #611, $235, CHS 321, Thursday, 6:30–9:30 PM, 8 weeks beginning September 14 (Ages 18+)
Students are taught to use the QuickBooks Pro version of this very popular accounting software. No knowledge of finances or accounting is required, but students should have a working knowledge of Microsoft Windows applications, know how to move files around, create folders, and copy files to and from disks. Functions to be presented include: company setup; reconciling checking account; billing and receiving payments from customers; recording and paying vendors; creating reports and graphs; inventory control; tracking and paying sales taxes; understanding payroll; creating job estimates and time tracking; and using Microsoft Excel and Word for report analysis and letter writing. The Quickbooks workbook is included. Instructor: Kevin Gouveia.

Introduction to the iPad
Course #612, $79, CHS 255, Thursday, 6:30–8 PM, 6 weeks beginning September 14 (Ages 18+)
If you have an iPad this class is for you. Get an introduction to the popular Apple tablet. With hands-on support, you’ll learn the basics of the iPad and how to use it to browse the web, use email, download apps, watch video, take pictures, connect online and more. Bring your iPad to class (no iPads will be available for use). This class is specific to the iPad only. Instructor: Annette Presseau.

Microsoft Word 2016
Course #613, $109, CHS 243, 2.5 hours/week, 5 weeks beginning TBD (Ages 18+)
From copying and pasting, to changing font colors, to designing a newsletter, this class will show you how to do everything that most people use Microsoft Word 2016 for everyday. Here are the things that we will cover: creating documents, saving documents, selecting text, copying, cutting and pasting text, changing fonts and font sizes, bullet and number lists, borders, footers, clip art, word art and tables. Some of the in-class exercises we will do are creating formal company letters, party announcements, newsletters, resumes, flyers, and lists with numbers that line up, forms, order confirmation letters, and greeting cards. Instructor: TBD

Microsoft Excel 2016
Course #614, $119, CHS 243, 2.5 hours/week, 5 weeks beginning TBD (Ages 18+)
What Microsoft Word is to words and letters, Microsoft Excel is to numbers. This class shows you the basics of how to use Microsoft Excel 2016. Some of the things we will cover are adding up columns of numbers, utilizing different types of formulas, sorting and manipulating data, tips and tricks, mixing words and numbers, formatting numbers, formatting cells, sorting and filtering and freezing panes. Some of the in-class exercises we will do are creating and maintaining lists, setting up a budget, and importing different types of text files. Instructor: TBD

Fact From Fiction: The Truth About Weightloss
Course #615, $29/$39/couple, CHS 234, Tuesday, 7–9 PM, 1 evening on September 19 (Ages 18+)
If you are a man with a waist bigger than 40 inches or a woman with a waist bigger than 34.5 inches, you are probably insulin-
resistant and, for you, losing weight is almost impossible. If somehow you do lose weight, it is almost impossible to keep it off. Insulin resistance is the primary cause of the American obesity epidemic. It is also the primary cause of Type II diabetes, cholesterol, blood pressure and heart attacks. This program explains exactly what insulin resistance is and how to turn it around in three to four weeks. Once this is done, weight peels off and will stay off. We discuss size vs. fitness and body weight vs. body fat. You will leave knowing exactly what to do. You can start the same day. Instructor: Dr. Gerard Cassista.

CPR—American Heart Association
Course #616, $49, CHS Career Center, Tuesday, 6–9:30 PM 2 weeks beginning September 12 (ages 18+)

This course will teach cardiopulmonary resuscitation (CPR) according to American Heart Association standards. It is appropriate for healthcare providers and laypersons. Topics include airway obstruction relief and CPR for adults, children and infants. Expect to pay $16 to the instructor for the required text and $6 for a course card to be awarded upon successful completion. Instructor: Joseph Frantiska.

First Aid—American Heart Association
Course #618, $35, CHS Career Center, Tuesday, 6–9:30 PM, 1 evening on October 3 (ages 18+)

This course will teach first aid according to American Heart Association Heartsaver standards. Upon completion, rescuers will be able to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. Topics include general principles, medical emergencies, and injury emergencies. Expect to pay $16 to the instructor for the required text and $6 for a course card to be awarded upon successful completion. Instructor: Joseph Frantiska.

Home Alone
Course #515, $29, Comm Ed Meeting Rm., Wednesday, 4:15–6:15 PM, 1 evening on September 20 (ages 8–12)

Home Alone
Course #516, $29, Comm Ed Rm. 15, Monday, 4:15–6:15 PM, 1 evening on December 11 (ages 8–12)

Does your child know what to do in an emergency or if a stranger comes to the door? The Home Alone Program is designed to teach children simple rules and procedures for responsible self-care. The class will have a discussion concerning these very important issues. Participants will receive a certificate of completion. Instructor: Janet Cullinane.

Insights Yoga—Continuing
Course #517, $76, Comm Ed Rec.Room, Monday, 6–7:15 PM, 6 weeks beginning September 11 (ages 18+)

Insights Yoga—Continuing
Course #518, $76, Comm Ed Rec.Room, Monday, 6–7:15 PM, 6 weeks beginning November 6 (ages 18+)

Insights Yoga—Continuing is for those who have experience and are familiar with basic yoga poses. Insights Yoga combines Kripalu Yoga Asana with guided imagery, meditation, readings, discussion and lively surprises. In a supportive environment, we explore the nature of the mind-body-spirit relationship, as well as themes relevant to our daily lives. The class blends energy with relaxation, opening the door to stress relief and the “a-ha” moment of learning and self-awareness. Please bring yoga mat and cushion. Instructor: Linda Hair-Sullivan.

Insights Yoga—Beginning
Course #519, $76, Comm Ed Rec.Room, Monday, 7:30–8:45 PM, 6 weeks beginning September 11 (ages 18+)

Insights Yoga—Beginning
Course #520, $76, Comm Ed Rec.Room, Monday, 7:30–8:45 PM, 6 weeks beginning November 6 (ages 18+)

Insights Yoga—Beginning is for those who have no experience with yoga, or have just begun their yoga journey. Insights Yoga combines Kripalu Yoga Asana with guided imagery, meditation, readings, discussion and lively surprises. In a supportive environment, we explore the nature of the mind-body-spirit relationship, as well as themes relevant to our daily lives. The class blends energy with relaxation, opening the door to stress relief and the “a-ha” moment of learning and self-awareness. Please bring yoga mat and cushion. Instructor: Linda Hair-Sullivan.
**Introduction to Meditation**

**Course #521**, $75, Comm Ed Rec.Room, Wednesday, 6:15–7:15 PM, 6 weeks beginning September 13 (ages 18+)

Practicing meditation has been shown to have many physical, mental, and emotional benefits. These include lowering blood pressure, improving breathing, and heart rate as well as boosting energy and immunity. Meditation can help increase mental focus, self-awareness & self-acceptance, reduce physical and mental stress and promote happiness and overall well-being. This introductory class is a great way to learn about meditation and maybe start your own daily meditation practice. We’ll work with teachings from the Yoga and Buddhist traditions and simple practices including mindfulness, compassion, body sensing meditation and walking meditation. This is a simple practice that can be done by anyone either sitting on the floor or in a chair. No experience necessary. Please wear loose comfortable clothing and bring a small cushion or pillow to sit on. Chairs will be provided as well. Instructor: Marie Marchand.

**Introduction to Meditation**

**Course #522**, $75, Comm Ed Rec.Room, Wednesday, 6:15–7:15 PM, 6 weeks beginning November 1 (ages 18+)

**Beginner Gentle Kripalu Yoga**

**Course #523**, $76, Comm Ed Rec.Room, Wednesday, 7:30–8:45 PM, 6 weeks beginning September 13 (ages 18+)

**Beginner Gentle Kripalu Yoga**

**Course #524**, $76, Comm Ed Rec.Room, Wednesday, 7:30–8:45 PM, 6 weeks beginning November 1 (ages 18+)

This class is great for those with little or no yoga experience seeking stress release and physical fitness. The practice of yoga can increase flexibility and strength and reduce stress, while developing self-knowledge, clarity of mind and a sense of well-being. Beginner Yoga is appropriate for people of most levels of physical ability, flexibility and body type. Students will be introduced to basic asanas, gentle stretches, conscious breathing and deep relaxation techniques. Please bring a yoga mat and a small pillow or cushion. Instructor: Marie Marchand.

**Karate—Little Dragons**

**Course #525**, $230, Comm Ed Gym, Mon. & Wed., 5–5:30 PM, 27 Classes beginning September 11 (ages 3–6)

20% Discount off 3rd family member

Respect and courtesy are just two of the many benefits that your child can achieve. Students are encouraged to become the best that they can be. Learning to set and achieve goals by using the ABC’s of Karate (attitude, behavior and character), students learn how to be successful in whatever goal they desire. Please call the instructor at 603-566-4673 to reserve your child’s introductory lesson. Testing fee for qualified students is $25. Instructor: Chris Massood.

**Karate—Juniors**

**Course #526**, $230, Comm Ed Gym, Mon. & Wed., 6–6:45 PM, 27 Classes beginning September 11 (ages 7–teen)

20% Discount off 3rd family member

During this age-specific class, students experience the self-empowerment that martial arts provide. Students learn to improve their focus and martial arts techniques. Please call the instructor at 603-566-4673 to reserve your child’s introductory lesson. Testing fee for qualified students is $25. Instructor: Chris Massood.

**Karate—Adults**

**Course #527**, $230, Comm Ed Gym, Mon.&Wed., 7–8 PM, 27 Classes beginning September 11 (ages18+)

20% Discount off 3rd family member

Learn a realistic approach to self-defense against one or more opponents in this fun and safe class. No previous martial arts experience is required. So whether your goal is physical conditioning or to just get out and do something fun, call Mr. Massood at 603-566-4673 today to reserve your introductory lesson. Testing fee for qualified students is $25. Instructor: Chris Massood.
**SPECIAL INTERESTS**

**Attention**
No classes: 10/5, 10/9, 11/5, 11/22, 11/23

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**Getting Paid To Talk, Making Money With Your Voice**

Course #620, $29, CHS Rm. 234, Tuesday, 6:30–9 PM, 1 evening on November 14 (ages 18+)

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful, and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our voice coach producer! This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally. Instructor: Voice Coaches.

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**Polish Your Career Image to Earn More Annual Income** *(NEW)*

Course #533, $15, CHS Rm. 234, Tuesday, 7:30–9 PM, 1 evening on October 3

In this class you will learn the components of what a polished, well-groomed look are, and how to achieve that look in a few simple steps, to potentially raise your annual income level in the near future. Fortune magazine recently cited a study by two sociologists, who looked at how physical attractiveness relates to income. The researchers also factored in “grooming”—or how well put-together an individual appeared. This turned out to be more important than looks when it came to earnings. That might mean that women with a polished look, might actually do better financially than those who do not. Instructor: Randi Siu.

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**Curing “Closetitis” (A Closet of Clothes but Nothing to Wear)** *(NEW)*

Course #532, $15, CHS Rm. 234, Tuesday, 7:30–9 PM, 1 evening on September 26

Do you have a closet full of clothes but nothing to wear? Feeling overwhelmed by all your “stuff” in your closet? The goal of this class is to make shopping in your own closet a joy and fun experience! In this class you will learn the five basic steps of how to clean out and organize your clothes closet. This will save you time and energy when deciding what you’re going to wear on daily basis. It will also help create space you didn’t have before. Having a plan of action to organize your clothes, will make it easier for you to put new outfit combinations together-expanding your existing wardrobe. You’ll save money because you’ll avoid buying something you already have but can’t find or remember you’ve purchased. Instructor: Randi Siu.

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**TRIPS**

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**A Vermont Day Trip**

Date: Saturday, October 14, 2017
Time: Morning Departure
Who: Everyone Welcome
Fee: $102 per person

Quechee Gorge is New England’s own ‘Little Grand Canyon” – don’t forget your camera! Spend some time browsing in Quechee Gorge Village for Vermont souvenirs, local cheeses at the Cabot store, crafts and antiques. The smell of warm baked goods and bread at King Arthur Flour will tempt you. Lunch is included at Quechee Inn at Marshland Farms.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors, such as traffic.

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**A Day Trip to Salem**

Date: Saturday, October 21, 2017
Time: Morning Departure
Who: Everyone Welcome
Fee: $74 per person

Come enjoy a seasonal trip to historic Salem Massachusetts, home of the Salem Witch Trials. Modern day Salem offers all sorts of entertainment, from art museums, shops and boutiques, and even festivals of the dead—where you can meet a modern day witch or warlock. Take time to visit the annual Psychic Fair and Witchcraft Expo where you can get your future read and shop the vendors for mystical souvenirs. Enjoy a delicious lunch at the Village Tavern, followed by a tour of this remarkable city.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors, such as traffic.
**TRIPS**

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### Radio City Christmas Spectacular
**Date:** Saturday, November 11, 2017  
**Time:** Early Morning Departure  
**Who:** Everyone Welcome  
**Fee:** $162 per person

Join us for one of our most popular day trips... the fabulous Radio City Christmas Spectacular, featuring the ever-popular Rockettes! Leave early morning for New York, where your coach will drop the group in the Rockefeller Center area, with time for lunch on your own, some shopping, a stroll of 5th Avenue or even some ice skating! Meet at Radio City for the afternoon performance of this classic show, which has thrilled people of all ages since 1933. Take in the show from reserved orchestra/first mezzanine seating. It’s a great way to get into the spirit for the coming Holiday Season.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.

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### Pre-Holiday Shopping in New York
**Date:** Saturday, December 9, 2017  
**Time:** Morning Departure  
**Who:** Everyone Welcome  
**Fee:** $89 per person

Join us for a fun day trip to New York for some great shopping amid the hustle and bustle of this exciting city! Your coach will drop you near Rockefeller Center, close to the luxury shops of Fifth Avenue, massive St. Patrick’s Cathedral, the ice rink, Today Show Studio, NBC store, Radio City, and so much more! Time Square is just 7 blocks south, with restaurants and shops galore! Your escort can point you in the right direction for all the best shops. When it is time to go the deluxe motorcoach will whisk you back to Massachusetts to round out the day in comfort and convenience.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.

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### New York City Holiday Getaway!
**Date:** Saturday, December 2–Sunday, December 3, 2017  
**Time:** Morning Departure  
**Who:** Everyone Welcome  
**Fee:** $377 twin; $367 triple; $357 quad; $457 single

A delightful 2-day/1-night trip to New York City featuring the Radio City Music Hall Christmas Show. Plus, time to get some holiday shopping done in the Big Apple! Accommodations at Hilton Garden Inn, Ridgefield Park NJ (or similar) with full American breakfast included. Seating for the Radio City Music Hall Christmas Spectacular would be reserved in either the orchestra or first mezzanine.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.

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### 3-Night Pennsylvania Dutch Getaway
**Date:** Sunday, November 5–Wednesday, November 8, 2017  
**Time:** Morning Departure  
**Who:** Everyone Welcome  
**Fee:** $655 twin; $599 triple; $579 quad; $798 single

Just 6 or 7 hours from Boston... and yet, worlds away! See vast farms as you share the road with traditional buggies—shopping center parking lots even provide hitching posts for horses! Our guide will talk about the history and customs of the fascinating people of Lancaster’s Amish countryside. You’ll have a chance to meet them as you shop for local crafts, homemade jams, jellies, and lots more! In addition to sampling the local cuisine with 3 included dinners, see “Home for the Holidays” at the American Music Theater! Breakfasts are included at the Fulton Steamboat Inn. You will also visit Hershey Chocolate Town, Deardon House, and Founders Hall.

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.

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### Norman Rockwell Museum Day Trip
**Date:** Saturday, November 25, 2017  
**Time:** Morning Departure  
**Who:** Everyone Welcome  
**Fee:** $111 per person

Visit quaint Stockbridge, Massachusetts, where noted artist Norman Rockwell produced many of his most celebrated works, including “The Four Freedoms”—see this extensive collection, including his Saturday Evening Post covers and his original studio beautifully displayed. Enjoy lunch at popular Michael’s Restaurant, and continue to Forest Park I Springfield for Bright Nights Holiday lights display!

**Note:** Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.
**ARTS & TECHNOLOGY EDUCATION FUND**

**What is the Chelmsford Arts and Technology Education Fund?**
The purpose of the Chelmsford Arts and Technology Education Fund (ATEF) is to provide supplemental funding to support educational initiatives and projects that enhance the existing curriculum of the Chelmsford Public Schools.

**What is the source of the funds?**
Residents, businesses and corporations in and outside of Chelmsford may make voluntary contributions to the ATEF. Money is also raised through The Teacher Recognition Program where families make a donation to the fund in the name of a teacher or school employee.

**Who can apply for funding?**
Applicants for ATEF funds must be a School Council or a member of the professional teaching staff employed by the Chelmsford Public Schools. The School Committee, as a body, may apply through the Superintendent of Schools who is a member of the ATEF Committee.

**What types of projects are eligible for funding?**
All projects that receive supplemental funding must support the mission and belief statements of the Chelmsford Public Schools and be in accordance with the Chelmsford School Committee policy. The proposal shall fall under one of four major categories: program, event, equipment or supplies. The proposal shall be germane to one of three major curriculum areas: liberal arts, fine arts or technology.

**How much funding will be awarded?**
Individual grants up to $750 will be awarded during the current funding cycle. ATEF grants may be made in addition to other funds obtained by the applicant from other sources. Monies awarded do not become part of the Chelmsford School Department Budget.

**What are the ATEF Committee’s current funding priorities?**
Criteria for evaluating proposals will include the following:
- The applicability of the project to the existing curriculum/curricula.
- The creativity of the project.
- The number of students to be served by the project.
- The potential for future benefits deriving from this specific project.

Some examples of past projects funded include: Classroom Learning Centers (science, language arts); Computer Interaction Program; Mural Construction; Wireless Microphone System; Art Immersion Day; Supplies for Music Listening Center; Library Materials.

**ATEF COMMITTEE MEMBERS:**
Kirk Marshall, Chairman (978) 710-3128
Hana Barker ................................(978) 256-2646
Beverly Barrett......................(978) 250-0396
The Chelmsford Bicycle and Pedestrian Advisory Committee (BPAC) is working to make Chelmsford’s roads and recreational properties more accessible and more bicycle- and pedestrian-friendly for the mutual benefit of users of non-motorized and motorized means of transportation. Please see the BPAC webpage, http://www.townofchelmsford.us/Bicycle.cfm, for useful links, contact information, and information about the committee’s activities. The BPAC also has a periodic column, Steps & Spokes, in the Chelmsford Independent.

Safe Routes to Schools: This program, sponsored by MassRides, helps local schools develop safe walking and bicycling routes. Once a school meets its program goals, funding for improvements may be made available. All four elementary schools have enrolled in this program. The BPAC is available to help any other school’s Parent Teacher Organizations that would like to get on board. Contact Chelmsford.bpac@gmail.com for more information about this program.

Bicycle Racks: The BPAC encourages the installation of well-designed, well-placed bike racks in the town, especially at public places like schools and businesses. Bike rack guidelines are available on the BPAC webpage. Guidelines for locating and installing bike racks have been published and may be obtained from the BPAC website. If you would like more information or assistance regarding bicycle racks, contact Chelmsford.bpac@gmail.com.

Bicycle and Pedestrian Plan: As recommended in the 2010 Chelmsford Master Plan, the development of a detailed Bicycle and Pedestrian Plan for the Town is being undertaken by the BPAC. The committee solicited input from residents, bicyclists, walkers, runners, businesses, and those working in and commuting into Chelmsford. The plan has been completed and a link will be available on the BPAC webpage. Comments and suggestions for future updates may be emailed to Chelmsford.bpac@gmail.com.

Bruce Freeman Rail Trail: The trail in Chelmsford has become a popular means for non-motorized commuting as well as a tremendous recreational asset for the Town. Everyone using the trail can help by keeping it clean and picking up any litter for proper disposal. Pets should be on a short leash and owners are responsible for cleaning up after their pets. Please take pet waste with you for proper disposal with your household trash. Do not throw pet waste off the trail or into wetland areas. Trail rules differ from bicycle and pedestrian rules for the road. On the trail, pedestrians and cyclists should keep to the right at all times. Motorized vehicles are prohibited from using the trail. Please report any violations to the Chelmsford Police by calling them at the non-emergency number, 978-256-2521. Contact the BPAC at chelmsford.bpac@gmail.com, if you have other questions concerning the trail. Work is progressing on the 4.9 mile Phase 2A of the Trail from the current Westford terminus through Carlisle into Acton and Concord. Completion is expected in the spring of 2018.

Trail Maintenance: Volunteers are needed to perform light maintenance on the trail, which includes litter pick up and disposal as well as minor trimming of brush encroaching on the trail and removal of debris from the trail surface. Information on the program can be found at www.brucefreemannrailtrail.org and those interested in volunteering should contact Bob Schneider at trail@setdata.com.

Events on the Trail: The BPAC coordinates activities and events on the Rail Trail. All groups of 25 or more participants wishing to use the trail must fill out an Event Registration Form at least 60 days in advance of the anticipated event date. This is an electronic form that once completed is sent automatically to the committee. A link to the form can be found on the BPAC webpage at www.townofchelmsford.us/bicycle.cfm. All groups planning to conduct events from the Byam School grounds on Maple Road must fill out and submit a Facilities Rental form which may be found on the Chelmsford Public Schools website at www.chelmsford.k12.ma.us. Please follow the instructions on that form. Please contact the Chelmsford Police Department regarding safety issues for events that will cross any streets.

Bicycling: Bicycles are governed by the same rules as motor vehicles. On the road, ride with the flow of vehicles and obey all traffic signals and signs. We encourage everyone to wear a helmet when riding a bicycle. Helmets are required by State Law to be worn by all persons under the age of seventeen (17). As of August 2012, changes in State Law have made it easier for the police to issue tickets to bicyclists for traffic infractions.
BPAC Gift Fund: The Town of Chelmsford will accept private donations to fund bicycle and pedestrian initiatives in the town. The donated money is held in a special account that can be used for only that purpose. The BPAC makes recommendations to the Town about projects to be funded from that account. Donations can be made payable to “Town of Chelmsford”, with “Bike/Pedestrian Improvements” written on the memo line. Please send your donations to the Town Manager’s Office, Town of Chelmsford, 50 Billerica Road, Chelmsford MA 01824.

Crosswalks, Signs, Sidewalks and Other Safety Issues: The Town provides forms for submitting issues related to Town facilities www.townofchelmsford.us via the “Report a Concern” link on the home page. Please use these forms to submit your report as this will help direct the concern to the appropriate department for review and action. If you would like to follow up on the issue with the BPAC, please use the contact information on our webpage or contact any of the BPAC members.

Please visit the BPAC website at http://www.townofchelmsford.us/Bicycle.cfm. We welcome comments on improving our community’s bicycle and pedestrian environments.

BOARD OF HEALTH

Susan M Rosa, BSN, RN
Public Health Director

Richard Day, Deputy Director

The following are services provided by the Board of Health at Town Offices:

Blood Pressure Screening: First Thursday of each month from 9 AM to 12 PM. (walk-in)

Appointments are required for the following services:

- Limited Immunizations for adults (cost varies by vaccine)
- Mantoux (TB) Testing ($20)
- Cholesterol Screening ($20)
- Home Visits—Referral required from physician or Home Health Agency.
- Blood Pressure check—if not the first Thursday of the month by appointment only

NOTE: Anyone requesting copies of a previously administered vaccine or screening will be charged a $10 fee

CHOLESTEROL SCREENING

Cholesterol screening will be offered for Chelmsford Residents on the following dates.

Date: Tuesday September 12, 2017
Time: 8:30 AM to 11 AM ($20).
Deadline to register: Tuesday, August 29, 2017

Date: Tuesday January 23, 2018
Time: 8:30 AM to 11 AM ($20).
Deadline to register: Tuesday January 9, 2018

Location: Board of Health Office: 50 Billerica Rd, Chelmsford.

Call 978-250-5241 to register for an appointment. Testing is limited, so call early for an appointment.

MERCURY THERMOMETER EXCHANGE PROGRAM

Residents may bring in old mercury thermometers and drop them off at the Board of Health Office. You will receive a digital thermometer (while supplies last) in exchange for your mercury thermometer.

UNWANTED MEDICATION DROP BOX

Open 24/7

Let’s keep unused prescription medication out of the hands of our youth and any other over the counter medicine out of our water and landfills!

There is an Unwanted Medication Drop Box located in the Chelmsford Police Station lobby. It is available 24 hours a day. Any unwanted or expired medication (NO LIQUIDS and NO SHARPS) can be dropped into the drop box. Just remove medication from the bottle and place it in a sandwich size zip lock baggie. Dispose of the baggie into the slot located on the front of the drop box; no questions asked! It’s easy and convenient for everyone to use since it is available 24/7.

SEPTEMBER IS RECOVERY MONTH !!

Chelmsford’s 4th Annual Overdose Vigil

Sunday, September 24, 2017
6:30 PM to 8 PM
Chelmsford Town Common

6:30 PM, attendees list names of those to be remembered

7 PM, Vigil begins

For more information please contact Amanda Glaser, Health Educator at 978-244-3328 or by email at aglaser@townofchelmsford.us.

“IF ONLY”

Screening (30 minutes) presented by the Mark Wahlberg Foundation

If Only is intended to encourage a productive dialogue between caregivers & children about the opioid epidemic that is plaguing our community

Wednesday October 11, 2017, 7 PM
CHS Performing Arts Center

Screening followed by an expert panel discussion
OCTOBER IS SUBSTANCE USE PREVENTION MONTH
Substance Use/Abuse is at Epidemic Levels!

It is no secret that the State of Massachusetts is at epidemic levels for substance abuse. Since substance abuse knows no boundaries, Chelmsford is not exempt from this epidemic. The Chelmsford Board of Health in collaboration with other community partners has planned prevention education programs in recognition of Substance Use Prevention Month. Our goal is to educate students, parents and the community about this chronic disease. We feel that raising public awareness is crucial. We aim to provide our community with the highest level of education that will provide prevention and promise of a better future.

CHELMSFORD BOARD OF HEALTH SPONSORED FLU CLINICS

Get your flu vaccine! An annual influenza vaccination is recommended for all persons 6 months of age or older who want to reduce the risk of becoming ill with influenza.

The Board of Health will hold Flu clinics at the Chelmsford Senior Center, 75 Groton Rd in North Chelmsford on the following dates:

EVERYONE regardless of age MUST bring all health insurance cards!

Thursday, October 12, 2017
3:30 PM–7 PM
Ages 65+: 3:30 PM–4:30 PM
(hi dose formula will be available)
Ages 3+: 4:30 PM–7 PM

Wednesday, November 8, 2017
Ages 3 years +: 4 PM–7 PM

School based flu clinics for students at CHS, McCarthy, and Parker Schools

Tuesday, October 24, 2017

Information and consent forms will be advertised through school bulletins.

EMERGENCY PREPAREDNESS PAMPHLETS/INFORMATION

These pamphlets may be picked up at the Board of Health Office

The Pamphlets will give information on:
1. What to do now to prepare yourself and your family for the unexpected.
2. Coping with disaster.
3. Basic overview of nuclear, biological and chemical agents.

“BACK TO SCHOOL WITH ADHD”
Back by Popular Demand
Brendan Mahan, MEd, MS
Consultant, Coach, Speaker

Contributing Author of “365+1 Ways to Succeed with ADHD”

Wednesday, September 20, 2017
7:00 pm
Chelmsford Public Library

Please contact Amanda Glaser, Health Educator with any questions: (978) 244-3328 or aglaser@townofchelmsford.us.

WONDERING ABOUT….. MENTAL HEALTH SERVICES?

William James College Freedman Center
(formerly called MSPP INTERFACE)

William James College Freedman Center Community Resource and Referral Helpline is available to all members of the Chelmsford community. The Freedman Center assists you in finding appropriate mental health services for children, families, and adults. Callers are provided professional, personalized counseling referrals matched for location, specialty, and insurance or fee requirements. The Freedman Center will support and guide each caller from the initial phone call until they are successfully matched to a provider.

HELPLINE is available Monday–Friday from 9 AM–5PM at 1-888-244-6843, ext 1411 or 617-332-3666 x 1411.

On the William James College Freedman Center web site (https://interface.williamjames.edu) individuals can find information related to mental health questions and services for children, families, and adults, including a calendar of community trainings and events.

MEDICAL SHARPS DISPOSAL

Chelmsford Residential Drop-off

STATE BAN on the Disposal of Residential Medical Sharps

Residents are not permitted to dispose of any sharps into the town’s curbside trash collection system. In response to this, the Chelmsford Board of Health has set up specific dates and times for residential drop off of Medical Sharps (needles, syringes with needles, lancets, and Epi-pens)

This program will provide a means for proper disposal of Medical Sharps for Chelmsford residents only. (No business, medical office or commercial disposal accepted)
Pre-registration:
FREE TO ALL TOWN RESIDENTS
THAT PRE-REGISTER with the
Chelmsford Board of Health a minimum of
2 weeks before a scheduled date.
(Note: you only need to register once.)
Please call the BOH office at 978-250-5241
to pre-register.

Use of Proper Containers:
NO Laundry detergent or plastic milk
bottles accepted
The Chelmsford Board of Health is only
accepting sharps containers or coffee cans.

Date, Time, Location
• Wednesday, September 13, 2017
  9 AM–4 PM
  Chelmsford Board of Health Office
• Wednesday, December 13, 2017
  9 AM–4 PM
  Chelmsford Board of Health Office
• Wednesday, April 11, 2018
  9 AM–4 PM
  Chelmsford Board of Health Office

CHELMSFORD FARMER’S MARKETS
Farmers Markets are a great way to buy and
eat locally. Buying and eating locally means
that foods are fresh, taste better, and have
better nutritional values.

Obtaining fresh products directly from the
farm provides you with access to locally
grown, farm fresh produce. Farmers Markets
are an opportunity to talk to the farmer, ask
questions, and learn about new foods that
are in season. These markets offer a fun
and social atmosphere where you can learn
about healthy cooking and eating.

Most of the food we purchase in
supermarkets has traveled many miles from
the farm to your table. The many miles the
food is traveling from the garden contribute
to global warming, pollution, gasoline
demand and ultimately the cost of the food.
Buying your farm fresh produce at the
Farmers Market will help save the planet;
keep your food dollars close to home, and
support small family farms and businesses.
You can start now by buying locally grown
food whenever possible.

    Thursdays, 2 PM–6:30 PM
    Saturdays, 10 AM–2 PM
    June through September
    November through February
    Center Common, Agway, 24

CHELMSFORD
CENTER FOR THE ARTS
WORLD CLASS ENTERTAINMENT
AT THE CCA!
You can go out for dinner and see a show
at a fraction of the price of going into the
Boston. There are great restaurants within
walking distance and parking is FREE.
When you attend a performance at the
Chelmsford Center for the Arts you not only
save time and money, you support the arts in
your community.

Tickets are available on-line at www.chelmsfordarts.org or at the CCA. Call
978-250-3780 for info New performances
continue to be added, so check our website
and Facebook page often.

SEPTEMBER
• Jazz
  Second Sunday Jazz Jam
  Sunday 9/10, 4 PM
  $5 Cover, Cash Bar
• Jazz/Blues
  Pat Braxton: The Lady of the Day in
  Concert
  Saturday 9/16, 8 PM
  $18 advance, $20 door, $15 CCA
  Members
• Jazz
  New! 3rd Thursdays at the Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 9/21, 8 PM
  $10 General, Cash Bar
• Acoustic Guitar and Flute
  Superkava in Concert
  Saturday 9/23, 7:30 PM
  $15 General, $10 Members, Cash Bar
• CCA Benefit Wine & Craft Beer Tasting
  Taste of Art and Vine
  Saturday 9/30
  $25 Advance, $30 door if available

OCTOBER
• Chamber
  The Thoreau Piano Trio
  Sunday 10/1, 3 PM
  $20 General, $15 CCA Members
• Jazz
  Deep Blue “C” Orchestra
  Saturday 10/7, 7 PM
  $20 General, $18 CCA Members, Srs. $15
  Students, Cash Bar
• Jazz
  Second Sunday Jazz Jam
  Sunday 10/8, 4 PM
  $5 Cover, Cash Bar
• Jazz
  The Nick Goumas Quintet @ the Cabaret Cafe
  Friday 10/13, 7:30 pm
  $15 General, Cash Bar

• Dance
  Alex Barry Modern Sounds
  Saturday 10/14, 7 pm
  $15

• Jazz
  3rd Thursdays at the Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 10/19, 8PM
  $10 General, Cash Bar

• Jazz
  Joan Watson-Jones @ the Cabaret Cafe
  Saturday 10/21, 8 PM
  $15 General, Cash Bar

• Piano
  Carolyn Enger, Steinway Artist
  Sunday 10/22, 3 PM
  $20 General, $15 CCA Members, Students

• Variety
  Halloween on Radio and Film
  Sunday 10/28, 7 PM
  $10 General, $5 CCA Members, Students

NOVEMBER

• Chamber
  The Thoreau Piano Trio
  Sunday 11/5, 3 PM
  $20 General, $15 CCA Members

• Jazz
  2nd Sunday Jazz Jam
  Sunday 11/12, 4 PM
  $5 Cover, Cash Bar

• Jazz
  3rd Thursdays at the Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 11/16, 8 PM
  $10 General, Cash Bar

DECEMBER

• Pops
  Holiday Party Pops!
  Sunday 12/2, 2 PM and 7:30 PM
  $15 General, $10 Seniors/Students/CCA Members, Cash Bar

• Jazz
  2nd Sunday Holiday Jazz Jam
  Sunday 12/10, 4 PM
  $5 Cover, Cash Bar

• Jazz
  3rd Thursdays at the Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 12/21 8 PM
  $10 General, Cash Bar

CHELMSFORD PUBLIC LIBRARY

MARJORIE SCOBORIA GREENWAY GRAND OPENING

Saturday, September 9, 2017, 1 PM–2 PM

Please join us for the official grand opening of the Marjorie Scoboria Greenway, to recognize all of the donors and other contributors who made this wonderful park possible. Learn about the various trees, plants, benches, artwork, weathervane, and all the other features the new Greenway has to offer. Light refreshments will be served. We hope that you can save the date and join us on the Greenway for the celebration. In the meantime, we invite you to come and take a stroll through the Marjorie Scoboria Greenway at any time.

FRIENDS OF THE LIBRARY ANNUAL BOOK SALE

The Friends 2017 Book Sale takes place at the town offices gym at the following times:

- Fri., Sept. 15th: 9 AM–9 PM
- Sat., Sept. 16th: 9 AM–6 PM
- Sun., Sept. 17th: 9 AM–1 PM

Funds raised during the book sale go to support library programming and other resources. Thank you to everyone who supports the sale!

LIBRARY PROGRAMS

The majority of our programs are funded by the Chelmsford Friends of the Library. Unless otherwise indicated, programs take place at the main library and are free and open to the public.

Learn it, Grow it, Make it, Eat it

This Fall at the Chelmsford Library, join us for a series of programs that are all about improving your life through learning, growing, making, and eating. Look out for book lists to accompany each program. Some of the programs in this series:

- Adult craft night, September 14
- Tips for Fall Gardening, September 23
- Home brewing, October 15
- Tea and chocolate tasting, October 19
- Canning and preserving, October 22
- Healthy baking, November 12

Friday Lectures

The Friday lectures are returning to the library at a new time for the Fall. In partnership with LIRA, the library will be offering speakers on Great Decisions topics such as: Latin American Politics, Nuclear Security, and the Future of Afghanistan. Lectures will take place on the second Friday of the month at 1 PM in the McCarthy meeting room. No registration necessary.
Science Café
Join us for a discussion of current scientific and technological research and topics. A guest expert will be on hand to give a brief presentation of the topic for discussion, and to answer questions, then a moderator will take over to keep the discussion moving and on topic. The Science Café meets monthly on the fourth Monday, at 7 PM in the McCarthy meeting room.

Tech Talks
A librarian or guest speaker will present on a computer topic, including: Online Safety (September), Internet for Beginners (October), Online Shopping (November), and Self-Education Online (December). Don’t forget that you can book a librarian through the reference desk any time for basic computer instruction or help with a specific computer issue. Tech Talks take place on the second Thursday of the month, at 10 AM.

ART EXHIBITS
September 2017: Priti Lathia Exhibit
October 2017: Breakfast Club Artists Group Show
November 2017: Senior Center Art Exhibit
December 2017/January 2018: Chelmsford Art Society Member Holiday Show

Look for our new exhibit each month. If you are a local artist who is interested in exhibiting, go to http://www.chelmsfordlibrary.org/programs/art-exhibits/ for more information and to fill out an application.

BOOK GROUPS AT THE CHELMSFORD PUBLIC LIBRARY
For a list of titles for each group, check the Library’s event calendar.

Evening Book Group meets at 7 PM on the first Monday of each month (with the exception of Monday holidays and summer months.)

Morning Book Group meets at 10 AM on the third Wednesday of each month.

History Book Group meets at 7 PM on the last Thursday of the month.

Novel Conversation Book Group meets at noon on the first Friday of each month.

Friday Fiction is a fun, book-share program highlights new and popular titles. Friday Fiction will meet at 10:30 AM on September 22 and November 17.

Bibliobites Book Group. Do you love to cook or try new recipes? Join us for Bibliobites, a book group with a culinary focus. Bibliobites meets the last Friday of each month at 11 AM.

MacKay Mystery Group meets at 6:45 PM on the fourth Wednesday of each month at the MacKay Branch.

CALLING ALL BOOK GROUPS/BOOK CLUBS IN THE COMMUNITY!
Do you belong to a community book group that is not run by the library? If so, we would love to hear from you. We’d like to plan a program just for you! We can help with read-alikes, title suggestions, book club kits and book lists. Interested? Contact the Head of Reader Services, Jessica FitzHanso at jfitzhanso@chelmsfordlibrary.org.

ONGOING GROUPS AND CONVERSATION CIRCLES
All are free and open to the public

The Chelmsford Genealogy Club holds regular meetings on the first Tuesday of each month at 7 PM.

English Conversation Circles are available each Tuesday for those who wish to improve their English speaking skills: two morning circles at 9:30 AM for beginners and an advanced circle in the afternoon at 1 PM. Choose one that works for you!

A French Conversation Circle meets on the second Thursday of each month at 7 PM.

UPCOMING TEEN PROGRAMS

Volunteer!
The library is always in need of reliable teen volunteers, for help keeping the teen collection organized, running programs for kids, setting up for large events, and more. Anyone looking to volunteer should contact Teen Librarian Sara Dempster at sdempster@chelmsfordlibrary.org.

Get Creative!
Come to the library and be a maker! Two of our teen programs this fall are focused doing, learning, and making. The Make It! Club meets every month at both the main library and MacKay Branch to learn a new craft or skill, and the new Teen Art Studio lets teens work on an art project. For dates and times check our calendar http://www.chelmsfordlibrary.org/calendar.

NEWS FROM THE CHILDREN’S DEPARTMENT

Programs September–December 2017

There’s so much going on in the children’s room at the Chelmsford Public Library! We offer storytimes for ages 0-6, after-school programs, and many special events. For details, please check our website, chelmsfordlibrary.org, or call us at 978-256-6521.
Weekly drop-in early literacy programs:

- **Baby Storytime** (birth–walking): Fridays at 10 AM. Storytime for caregivers with babies not yet walking. Once walking, children should start attending Toddler Rhyme Time.

- **Baby Yoga** (birth–crawling): Wednesdays at 10 AM. Caregivers bond with baby through gentle yoga, massage, and meditation.

- **Toddler Rhyme Time** (ages 1 & 2): Mondays at 10 AM; Fridays at 11 AM. Rhymes, songs, and stories for toddlers. Children should attend this storytime until they are able to sit quietly and listen to several stories.

- **Preschool Storytime** (ages 3–6): Mondays at 11 AM; Fridays at 10:30 AM at the MacKay Branch. Storytime featuring several books, songs, and rhymes. Children should not attend this storytime until they are able to sit quietly and listen to several stories.

- **Preschool Yoga Storytime** (ages 3–6): Wednesdays at 11 AM. Stories, music, and movement come together in this program for preschoolers. We’ll read picturebooks and pause to do yoga poses and creative movement based on the story.

- **Stay & Play** (ages 1 and up): Tuesdays at 10 AM. A play-based program for young children and their grownups! Come read a short picturebook, make a craft, and engage in unstructured play with an assortment of toys.

- **PlaySpace** (ages 2 & 3): Thursdays at 10 AM. A special storytime featuring activities for caregivers and children to do based on the stories read each week.

  **After school programs**

- Monthly drop-in sessions of “Terrific Tuesday Tales” and “Creative Crafts for Kids” for children in grades K-2 (ages 5–9), select Tuesdays at 4 PM. See online calendar.

**Saturday programs**

- **Construction Zone**: 1st Saturday of every month at 10:30 AM. Come create something from your imagination using an assortment of building toys, such as LEGO & DUPLO blocks, Magna Tiles, building blocks, and more! Drop-in for ages 3 and up.

- **Dads & Donuts Storytime**: 2nd Saturday of every month at 10:30 AM. All caregivers are welcome at this special Saturday storytime. We’ll read several stories and then have some snacks. Drop-in for ages 2 and up.

**Special programs**

- **Spooky Story Contest Celebration**: Saturday, October 28th, 4 PM. Join us for our annual Spooky Story Celebration. We’ll tell a tale or two and read selections from the winners of the Spooky Story Competition. All contest entrants will receive a prize!

- **Gingerbread Festival**: Saturday, December 2nd, 10:30 AM–12:30 PM. Drop-in anytime between 10:30 AM and 12:30 PM for our annual winter celebration. Decorate a gingerbread cookie and enjoy winter stories, songs, and crafts.

- **School vacation week programming TBA—check our online calendar.**

**FALL HOLIDAY HOURS**

The Library will be closed on the following days for upcoming holidays:

- Labor Day—Monday, Sep 4
- Columbus Day—Monday, Oct 9
- Veterans’ Day—Saturday, Nov 11
- Thanksgiving Eve—Wednesday, Nov 22, closing at 5 PM.
- Thanksgiving Day—Thursday, Nov 23
- Christmas Eve—Sunday, Dec 24
- Christmas Day—Monday, Dec 25
- New Year’s Eve—Sunday, Dec 31
- New Year’s Day—Monday, Jan 1, 2018

**CHELMSFORD PUBLIC LIBRARY**

25 Boston Road
Chelmsford, MA 01824
978-256-5521

**Main Library Hours**

Mondays–Thursdays.......................9:30 AM–9 PM
Fridays and Saturdays............ 9:30 AM–5:30 PM
Sunday*.............................................. 1 PM–5 PM

* Sunday Hours begin the Sunday after Columbus Day and end prior to Memorial Day

**THE MACKAY BRANCH LIBRARY**

43 Newfield St.
North Chelmsford 01863
978-256-5521, ext. 214

**Branch Library Hours**

Mondays.............................................. 1 PM–5 PM
Wednesdays.................................... 1 PM–8 PM
Fridays...............................................10 AM–5 PM

Visit us at www.chelmsfordlibrary.org

For details on our programs and holiday closings, click on the events calendar on our website.
PLEASE PRINT LEGIBLY

Course #: __________________________ Course Name: __________________________

Starting Date: ______________ Start Time: ______________ Day(s): Mon Tues Wed Th Fri

ATTENTION: We are closed on a few days during the season. These dates are listed in the brochure. Please note if the closures affect the class you are enrolling in.

Participant’s Name:__________________________________________________

Parent/Guardian Name:__________________________________________________

Street: __________________________ Town: __________________________ State: ____ Zip: ______

Home#: __________________ Cell#: __________________ Work#: __________________

Email Address: ___________________________________________________________

Emergency Contact Name: __________________________ Phone#: __________________

Does the participant have any conditions or physical limitations which the staff should be aware of?
Please explain: ___________________________________________________________

Epi-pen?: __________________

Participants in our programs are filmed occasionally for news or advertising purposes. Please check off the box if you do not give permission for yourself or for your child(ren) to be used for these purposes.

Signature: __________________________ Date: __________________________

Mail or drop off to: Chelmsford Community Education, 170 Dalton Road, Chelmsford, MA 01824
Refund Policy: 1.) ALL CLASS fees are refundable if there is insufficient enrollment. 2.) A Refund will be given for cancellations more than 15 days prior to the class start date, less a $10 processing fee. 3.) A Full (100%) Credit will be given for cancellations 8–15 days prior to the class start date. 4.) Credits expire one year from date of issue. 5.) NO REFUND OR CREDIT will be given for cancellations 7 days or less prior to start date. 6.) Most TRIPS have a NO REFUND POLICY. Please refer to individual registration forms for details. 7.) Music Lessons may have different refund policies.
Chelmsford Community Education offers:

Child Care Programs
- Elementary Extended Day from 7:00–9:00 AM, and /or from 3:15–6:00 PM
- February & April School Vacation from 7:00AM–6:00 PM
- Coverage during delayed openings and early release days
- Lion's Den Preschool and CHIPs Preschool
- Lion’s Pride Toddler/Preschool/Pre-K Childcare
- Summerfest childcare: daily, weekly or all summer.

Adult & Youth Enrichment and Educational Programs
Recreational Programs
Sports Programs
Summer School Programs

Private Music Lessons
- Offered on all wind, percussion, and orchestral string instruments, piano, voice and guitar
- Weekly thirty-minute or one-hour lessons

Please visit our web-site www.chelmsford.k12.ma.us/commed
- Online and paper registration are available for classes offered in this brochure.
- Once registration is sent, students should consider their registrations accepted and report to the first class unless otherwise notified.
- No confirmations are sent for paper registrations, however, you are welcome to call our office to verify receipt.
- Trips require a specific form created for each trip offered (paper form only).
- Music lessons require a separate registration form (paper form only).
- Make sure you know which building your class is being held in.

Chelmsford Community Education
170 Dalton Road
Chelmsford, MA 01824
Telephone: (978) 251-5151
www.Chelmsford.k12.ma.us/commed