Chelmsford Community Education
Welcomes Participation From All Communities

Winter/Spring 2017/18

Adult & Youth Enrichment and Educational Programs
Child Care • Health • Music • Preschool
Recreation • Trips

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

CommEd Office Staff
TBD, Director
Karen Martin, Assistant Director
Robyn Adams, Childcare Program Supervisor
Lauren MacLeod, CommEd Program Coordinator
Linda Westland, Secretary

Evening Programs
Michele Walsh, Supervisor
Chelmsford High School
TBD, Supervisor
CommEd Center

Photo Credit: Thank you to Carina Rivera, former Photography student at Chelmsford Community Education, for providing us with this beautiful photograph

Online registration now available for all classes

978 • 251 • 5151

www.Chelmsford.k12.ma.us/commed
facebook: www.facebook.com/chelmsfordcommed
twitter: @chelmscommed

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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

CHILD CARE

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 7 AM) 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 a.m., 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.

Please note that the Extended Day Program is a school department program and has the right to use the school playgrounds exclusively during Extended Day hours.

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 bi-weekly visit to a computer specialist and 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 needs 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. An integral part of our program is the association with the Family and Consumer Science Department at Chelmsford High School. Through the Exploring Early Childhood class, we obtain the services of student aides. 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 hoytr@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 $50 registration fee for the session.

Register: To register or request further information please email Kathy Orchard, Music Lesson Coordinator, at kathy.t.orchard@gmail.com, or leave a message at Community Education 978-251-5151.

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**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**

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**WRITING AND PUBLISHING**

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**COMPUTERS & TECHNOLOGY**

| Computer Applications | Database Management |
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| 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 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.

TRIPS, FEES AND 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.

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

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

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 2 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, x5562, 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.

CHELMSFORD 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.

Continuing 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.

• Please use the main entrance of the high school. Parking is permitted along the entrance street sides. Additional parking is available around the school.

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.
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**SAT Preparation—Verbal**

Course #600, $129/$239/combined, CHS Rm. 207, Tuesday, 7–9 PM, 7 weeks beginning March 6 (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.

**Combined tuition for both Math and Verbal SAT Preparation is $239.**

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**SAT Preparation—Math**

Course #601, $129/$239/combined, CHS Rm. 207, Thursday, 7–9 PM, 7 weeks beginning March 8 (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, $45, CHS Rm. 206, Thursday, 6:30–7:30 PM, 8 weeks beginning March 8 (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 $15 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. 206, Thursday, 6:30–7:30 PM, 6 weeks beginning May 10 (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 in Spanish. The restaurant will charge a $15 meal fee the day of the event. Instructor: Alexander Desrosiers.

**Babysitting Basics**

Course #604, $N/C, CHS Rm. 205, Tuesday, 5:30–7:30 PM, 2 weeks beginning April 10 (no class 4/17) (ages 10–16)

This is a two-session course designed to help develop babysitting skills for boys and girls ages 10 to 16. Topics include: basic safety issues, first-aid, growth and development, babysitter activities, bottle-feeding, bath time and bed time, care and handling of infants, and more. This course is being offered through a partnership with Lowell General Hospital and their in-kind donation. Instructor: Rebecca Morse.

**Home Alone**

Course #500, $29, Comm Ed Meeting Rm., Wednesday, 4:15–6:15 PM, 1 evening on February 7 (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 Culliane.

**Serv-Safe Food Safety Manager Instruction/Certification**

Course #535, $39, CommEd TBD, Mon. & Wed., 5–7 PM, 2 weeks beginning February 26 (ages 18+)

The ServSafe Manager course is a four-hour evening class with the exam on the last night. 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 night 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 March 20 (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.

**Knitting**

Course #503, $49, Comm Ed Meeting Rm., Monday, 6:45–8:45 PM, 4 weeks beginning February 5 (ages 18+)
Knitting
Course #504, $49, Comm Ed Meeting Rm., Monday, 6:45–8:45 PM, 4 weeks beginning March 19 (ages 18+)

Knitting
Course #505, $49, Comm Ed Meeting Rm., Monday, 6:45–8:45 PM, 4 weeks beginning April 23 (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.

Charcoal and Pastel Art Studio
Course #606, $55, CHS Rm. 205, Thursday, 6–8 PM, 6 weeks beginning March 8 (ages 18+)

Charcoal and Pastel Art Studio
Course #607, $55, CHS Rm. 205, Thursday, 6–8 PM, 6 weeks beginning May 3 (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 (sfumato, cangiante, unione, chiaroscuro). You will need the following supplies: easel, 18" x 24" Strathmore drawing pad (not sketch pad or newsprint pad), charcoal pencils and sticks (some brands are sold in a kit), set of 48 soft pastels, blending stumps (comes in a package) and tri-tip eraser (white triangular-shaped eraser). Instructor: Dale Keothe.

Learn To Draw For Kids
Course #506, $59, Comm Ed Rm. 17, Monday, 6–7 PM, 8 weeks beginning February 5 (ages 5–12)

Learn To Draw For Kids
Course #507, $59, Comm Ed Rm. 17, Monday, 6–7 PM, 8 weeks beginning April 9 (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.

Fine Arts for Kids
Course #508, $59, Comm Ed Rm. 15, Wednesday, 6–7 PM, 8 weeks beginning February 7 (no class 2/21), Youth (ages 5–12)

Fine Arts for Kids
Course #509, $59, Comm Ed Rm. 15, Wednesday, 6–7 PM, 8 weeks beginning April 25, Youth (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 effects. They will also learn assorted 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.

Wilton Certified: Building Buttercream Skills
Course #510, $49, Comm Ed Café, Monday, 6:30–8:30 PM, 4 weeks beginning February 5 (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 consistancy). Instructor: Mary Napoli, Wilton Certified Instructor.
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 and Gum Paste
Course #512, $49, Comm Ed Café, Monday, 6:30–8:30 PM, 4 weeks beginning April 23 (ages 18 +)
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 CommEd for a supplies list. Instructor: Mary Napoli, Wilton Certified Instructor.

Wilton Certified: Introduction to Wired Gum Paste Flowers
Course #513, $39, Comm Ed Café, Monday, 6:30–8:30 PM, 3 weeks beginning May 21 (ages 18 +)
Expand your knowledge of gum paste flowers with this course. Learn how to make three types of exquisite wired flowers such as the rose, hydrangea, hibiscus and several others. This class will provide you with all the techniques needed to create beautiful, life-like flowers. Wilton Course 3 or some prior fondant experience recommended. Please visit our website or contact CommEd for a materials list. Instructor: Mary Napoli, Wilton Certified Instructor.

Creative Royal Icing Cookie
Course #514, $35, Comm Ed Café, Wednesday, 6:30–8:30 PM, 3 weeks beginning April 4 (ages 18 +)
Come and join us to learn creative ways to decorate sugar cookies with royal icing. In the first class, I will demonstrate how to make royal icing, how to change the consistency for the technique of flooding the cookies so that they can be decorated once they are dry. I will show you how to create beautiful brush embroidery and other designs using decorator icing tips and disposable decorating bags. You will also be shown how to use edible dusting powders, gel colors, food writer markers, candy pearls and other candy accents to create beautiful designs. In the second session and third session, you will bring prepared and flooded royal icing sugar cookies and the supplies listed to decorate. Please visit our website or contact CommEd for a materials list. Instructor: John Wren.

Sustainability and Indoor Organic Composting
Course #515, $29/$35/couple, Comm Ed Rm. 2, Wednesday, 6–9 PM, 1 evening on February 28 (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 #516, $89, Comm Ed Rm. 17, Wednesday, 6:30–9 PM, 6 weeks beginning February 7 (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.
intro to Photography and Adobe Lightroom
Course #608, $119, CHS Rm. 208, Thursday, 7–9:30 PM, 8 weeks beginning March 8 (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" thumb drive. Instructor: John Wren.

Chess 101 NEW
Course #541, $59, CHS Rm. 204, Tuesday, 6–8 PM, 7 weeks beginning March 6 (ages 10–13)

Chess 101 NEW
Course #542, $59, CHS Rm. 204, Tuesday, 6–8 PM, 7 weeks beginning April 24 (ages 14–17)
Chess teaches key developmental skills like planning, goal setting, spatial awareness, sportsmanship, critical thinking and more, all delivered through a fun and engaging game. These skills go beyond just the classroom. Through chess, we learn to become better decision makers. Our goal is to build champions in the classroom, home, on the field, in business and the community. We will be spending time discussing the topic of the class, focus on tournament day play, as well as strategies and tactics. Instructor: Michael Howell.

Business, Finance & Investments
Attention
No classes: 2/19, 4/16, 5/28

Money And Divorce
Course #517, $29, Comm Ed Rm. 17, Wednesday, 6:30–8:30 PM, 1 evening on April 4 (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 wellbeing. 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.

Long Term Care: Planning for the Potential Need
Course #518, $29/$35/couple, Comm Ed Rm. 2, Wednesday, 7–8:30 PM 1 evening on March 7 (ages 18+)
At least 70% of people over age 65 will require long-term care services at some point in their lives. A well thought out plan for addressing the potential need for care is essential to the physical, emotional, and financial needs of you and your family. Appropriate for ages 48–70. Attendees will receive the 32-page class notes covering:

- What are the long-term care risks and consequences?
- What are the options to protect your savings and home?
- How about transferring assets to your kids to qualify for Medicaid?
- How do the stand-alone long-term care and the new hybrid insurance alternatives work, and which might be appropriate for your situation?
- How to develop a plan of action?
Instructor: Len May

You Can Afford College If...
Course #536, $29/$39/couple, CommEd Rm. 15, Monday, 7–9 PM, 1 evening on March 5 (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: Dick Man.
Quickbooks Computer Accounting for Small Business
Course #609, $235, CHS Rm. 244, Thursday, 6–9 PM, 8 weeks beginning March 8 (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 #610, $79, CHS Rm. 255, Thursday, 6:30–8 PM, 6 weeks beginning March 8 (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 #611, $109, CHS Rm. 243, Thursday, 6:30–8 PM, 6 weeks beginning April 19 (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 every day. 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: Annette Presseau.

Microsoft Excel 2016
Course #612, $119, CHS Rm. 243, Tuesday, 6:30–8 PM, 6 weeks beginning March 6 (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: Annette Presseau.

Learning to Plan and Cook
Course #537, $159, CommEd Kitchen, Monday, 6–9 PM, 4 weeks beginning February 5 (ages 18+)

New to the wonderful world of cooking? Are you tired of the same old meals? Then this class is for you. In a very interactive class you will gain self-confidence and cooking skills. If you already cook on a regular basis, you will learn how to take back 8–10 hours of free time each month by preparing food ahead of time. This class will teach you the basics of food preparation and menu planning. We will cover basic knife skills, food safety, food preparation, pantry stocking, meal planning, utilization of the dreaded leftover, and maybe some food garnishes. Each night will consist of preparing together, a variety of foods that we will sample and take home. Students should bring a chefs knife, cutting board, apron, baseball cap/chefs hat (or similar) and food storage containers for leftovers. Instructor: Doug Drake.
Easy Mediterranean Cooking
Course #538, $159, CommEd Kitchen, Wednesday, 6–9PM, 4 weeks beginning April 18 (ages 18+)

Seafood, vegetables, whole grains, herbs, and olive oil are among the ingredients most associated with countries bordering the Mediterranean Sea. This class will focus on the cuisines of Southern France, Eastern Spain, Italy, & Greece to name a few. Bring your chef’s knife and apron to participate in the 4 weeks of lessons. You will savor the fruits of your labor during class and may even take some items home to show off to your family and friends. Geared to the novice and intermediate cook, we will utilize techniques such as baking, boiling, braising, broiling, frying, grilling, and roasting. Students should bring a chefs knife, cutting board, apron, baseball cap/chefs hat (or similar) and food storage containers for leftovers. Instructor: Doug Drake.

First Aid–American Heart Association
Course #616, $35, CHS Career Ctr, Tuesday, 6–9:15 PM, 1 evening on April 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 $18 to the instructor for the required text and $9 for a course card to be awarded upon successful completion. Instructor: Dr. Gerard Cassista.

CPR–American Heart Association
Course #614, $49 CHS Career Ctr, Tuesday, 6–9:15 PM, 2 weeks beginning March 13 (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 $18 to the instructor for the required text and $9 for a course card to be awarded upon successful completion. Instructor: Joseph Frantiska.

First Aid–American Heart Association
Course #617, $35, CHS Career Ctr, Tuesday, 6–9:15 PM, 1 evening on May 8 (ages 18+)

Moving Forward When Families are Uprooted by Mental Illness
Course #520, $25/$35/couple, Comm Ed Rm. 2, Wednesday, 6:30–8 PM, 1 evening on March 21 (ages 18+)

Join us as we discuss how the family has changed and what can be done in order to move forward since a loved one has a mental illness. Understanding how the family has changed since it now has to manage family functions differently, whether this is living arrangements, family celebrations, whatever. Often it means that family resources are affected, too, in ways previously unanticipated. Roles are revised. This discussion acknowledges these shifts and offers solutions to managing more effectively. Instructor: Mara Briere.

Fact From Fiction: The Truth About Weightloss
Course #613, $29/$39/couple, CHS Rm. 206, Thursday, 7–9 PM, 1 evening on April 12 (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.
Health & Recreation

**Insights Yoga—Continuing**
Course #521, $79, Comm Ed Rec. Room, Monday, 6–7:15 PM, 6 weeks beginning February 5 (ages 18+)

**Insights Yoga—Continuing**
Course #522, $79, Comm Ed Rec. Room, Monday, 6–7:15 PM, 6 weeks beginning April 2 (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 #523, $79, Comm Ed Rec. Room, Monday, 7:30–8:45 PM, 6 weeks beginning February 5 (ages 18+)

**Insights Yoga—Beginning**
Course #524, $79, Comm Ed Rec. Room, Monday, 7:30–8:45 PM, 6 weeks beginning April 2 (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 #525, $85, Comm Ed Rec. Room, Wednesday, 6:15–7:15 PM, 8 weeks beginning February 7 (ages 18+)

**Introduction To Meditation**
Course #526, $85, Comm Ed Rec. Room, Wednesday, 6:15–7:15 PM, 8 weeks beginning April 11 (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.

**Beginner Gentle Kripalu Yoga**
Course #527, $89, Comm Ed Rec. Room, Wednesday, 7:30–8:45 PM, 8 weeks beginning February 7 (ages 18+)

**Beginner Gentle Kripalu Yoga**
Course #528, $89, Comm Ed Rec. Room, Wednesday, 7:30–8:45 PM, 8 weeks beginning April 11 (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 #529, $150, Comm Ed Gym, Mon & Wed, 5:30–6 PM, 17 classes beginning February 5 (ages 3–6)

**Karate—Little Dragons**
Course #530, $150, CommEd Gym, Mon & Wed, 5:30–6 PM, 17 classes beginning April 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 #531, $150, Comm Ed Gym, Mon & Wed, 6–6:45 PM, 17 classes beginning February 5 (ages 7-teen)

**Karate—Juniors**
Course #532, $150, Comm Ed Gym, Mon & Wed, 6–6:45 PM, 17 classes beginning April 11 (ages 7-teen)

20% Discount off 3rd family member

During this age-specific class, students experience the self-empowerment that martial arts provides. 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 #533, $150, Comm Ed Gym, Mon & Wed, 7–8 PM, 17 classes beginning February 5 (ages 18+)

Karate—Adults
Course #534, $150, Comm Ed Gym, Mon & Wed, 7–8 PM, 17 classes beginning April 11 (ages 18+)

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 603-586-4673 today to reserve your introductory lesson. Testing fee for qualified students is $25. Instructor: Chris Massood.

Getting Paid to Talk Making Money with Your Voice
Course #618, $29, CHS Rm. 205, Tuesday, 6:30–9 PM, 1 evening on March 6 (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.

Dress To Impress
Course #539, $25, CommEd Rm. 15, Monday, 7:30–9 PM, 1 evening on February 5 (ages 18+)
Wouldn’t it be great to feel good, look good and get compliments on everything you wear? The key to looking your best is to learn how to harmonize all your features, so the clothes you wear compliment your figure type and balance your unique figure. In this class you will learn what your figure type is, and how you can enhance your figure and camouflage your figure flaws, with the best clothing styles for you, for a fabulous new look. Instructor: Randi Siu.

Discovering Your Personal Color Palette
Course #540, $25, CommEd Rm. 15, Monday, 7:30–9 PM, 1 evening on May 7 (ages 18+)
Why do you feel so good when you wear certain colors? Everyone has their own unique skin tone, hair color and eye color. When you wear the color shades that harmonizes with your features, your look and feel more balanced and alive. In this class you will learn about the basic color palette types and where you might fit in. This will take the mystery out of the process, and give you the confidence to choose your best personal colors, for a beautiful look that’s uniquely your own. Instructor: Randi Siu.

Trips
Foxwoods Tanger Outlets
Date: Saturday, March 3, 2018
Time: Morning Departure- Place of Departure is not guaranteed in Chelmsford
Who: Everyone Welcome (must be 21 years of age to enter Casino)
Fee: $39 per person

Come join us for shopping at Tanger Outlets in Foxwoods. Your tour includes round trip transportation via motor coach where you will spend the day shopping with brands such as Michael Kors, Calvin Klein, Fossil, Brooks Brothers, Nike, H&M, Kay Jewelers, Gap Factory Outlet and more! In addition, enjoy the casino with a $5.00 slot play as well as $10.00 in food credits.

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

St. Patrick’s Day Celebration!
Date: Saturday, March 17, 2018
Time: Morning Departure- Place of Departure is not guaranteed in Chelmsford
Who: Everyone Welcome
Fee: $104 per person

Celebrate St. Patrick’s Day in the heart of the White Mountains while you enjoy authentic Irish food and live music at the Indian Head Resort located in Lincoln, New Hampshire. You will have admission to the St. Patrick’s Day Celebration, which includes a welcome reception, refreshments, free individual photos, Indian Head mugs, party beads and a gift certificate to the gift shop. You will also enjoy a deluxe St. Patrick’s Day Luncheon Buffet including corned beef and cabbage, roasted chicken, Finnian Haddie, Irish freckle bread, and more! In addition, live entertainment featuring Mark Shelton will be provided.

Note: Tours and/or inclusions are subject to change and drop off locations are subject to change based on external factors such as traffic.
Washington, D.C—Cherry Blossom Festival

Date: Thursday, April 12 - Sunday, April 15, 2018
Time: Early Morning Departure- Place of Departure is not guaranteed in Chelmsford
Who: Everyone Welcome
Fee: Twin, $591; Triple, $569; Quad, $539; Single $831, Child under 16 sharing with two full paying adults, $450

Join us for 4 days and 3 nights in Washington D.C! You will stay at the Greenbelt Holiday Inn in Maryland (or a similar hotel). Enjoy a tour of Arlington National Cemetery, and visit The Capitol, and the World War II Memorial. Take the monument tour that includes the Jefferson, Lincoln, Vietnam, Vietnam Veterans Women’s, and Korean Memorials. Finally, see the Cherry Blossom Parade with seats reserved for viewing! The parade combines wonderful entertainment for the whole family including decorated floats, gigantic colorful helium balloons, marching bands, clowns, horses, antique cars, military and celebrity performances. You will be provided transportation via deluxe motor coach, with donuts and beverages served on board. Five meals are included: three breakfasts and two dinners. All taxes and gratuities for included features, except for customary gratuities to the driver and escort. Celebration Tours escort throughout trip.

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

Pennsylvania-Dutch Getaway Adventure

Date: Friday-Sunday, May 4-6, 2018
Time: Early Morning Departure- Place of Departure is not guaranteed in Chelmsford
Who: Everyone Welcome
Fee: Fee: Twin, $476; Triple, $446; Quad, $399; Single $626, Child under 16 with two full paying adults, $326

There is so much to do in the City of Brotherly Love-Philadelphia! Come join us for a weekend away to Pennsylvania, where you will enjoy a tour of the city, including such historic sites as the Liberty Bell. In addition, you will take a trip out to Lancaster, PA where you will enjoy a tour and dinner with a show in Amish Country and chance to visit the famous Reading Terminal Market for lunch and shopping on your own. There is so much culture and entertainment to explore!

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

New York 9/11 Memorial Museum or One World Observatory

Date: Saturday, May 5, 2018
Time: Early Morning Departure- Place of Departure is not guaranteed in Chelmsford
Who: Everyone Welcome
Fee: Option 1—9/11 Memorial Museum, $102 per person; Option 2—Admission to the One World Observatory Tower, $111 per person

Take a trip to New York City where you will have the choice to visit one of two amazing buildings. The September Eleventh Museum opened in May 2014, showcasing over 23,000 images, 10,300 artifacts and nearly 2,000 oral histories honoring those killed. In addition, there is over 500 hundred hours of video, first responder vehicles and pieces of steel and part of the original foundation of the Towers. You will also have the option to visit the One World Observatory. This is a 102-story experience that starts with an amazing ride at the top. See all of NYC and learn this great city’s historical landmarks from the top of the world!

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

TOWN OF CHELMSFORD
Town Offices
50 Billerica Road • Chelmsford, Ma 01824
Phone: 978-250-5201 • Fax: 978-250-5252 • www.townofchelmsford.us

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CHELMSFORD ASSESSORS OFFICE

YEAR 2018
Real property and personal property tax abatement applications are available January 1st to February 1st, 2018 and must be filed with the assessors office by February 1st

Exemptions application began July 1, 2017 but the deadline is quickly approaching: April 2, 2018.

Our office, Room 110, is directly across from the front entrance

The following Exemption Applications remain available from July 1, 2017 to April 2, 2018:

• Elderly Exemption (65 years of age), Clause 41C, $500 per year
• Surviving Spouse, Elderly (70 years of age) or Minor Child Exemption, Clause 17D, $175 per year
• Disabled Veteran Exemption, Clauses 22-22E, various amounts: at least 10% service related disability
• Blind Exemption, Clause 37, $500 per year must provide certificate from the Commission of the Blind
• Hardship Exemption, Clause 18, various amounts, Board of Assessors discretion
• Community Preservation Fund Exemption, various amounts depending on assessed value
• Tax Deferral, must be 65 years of age & gross income cannot exceed $40,000 the previous year
• Real Estate Abatement applications available

All Exemption Applications’ must be filed on an annual basis at the Assessor’s Office in the Town Hall located at 50 Billerica Road, Chelmsford, MA. Exemption applications are available beginning on July 1 of the fiscal year (7-1-2017) through April 2, 2018. Additional information is available on the Town of Chelmsford website, www.townofchelmsford.us, by following the links Town Departments/Administration/Finance Department/Assessors/Exemption information. Contact the Assessor’s Office for more detailed information or for any questions at (978) 250-5220 during the office hours: Monday through Friday, 8:30 AM to 4 PM

BICYCLE AND PEDESTRIAN ADVISORY COMMITTEE

The Chelmsford Bicycle and Pedestrian Advisory Committee is working to make Chelmsford’s roads and open spaces more accessible and more bicycle- and pedestrian-friendly for the mutual benefit of users of non-motorized and motorized means of transportation.

WINTER SAFETY FOR PEDESTRIANS, CYCLISTS AND MOTORISTS

With the arrival of winter, we are experiencing the shortest daylight hours of the year. But short daylight hours and cold weather do not mean that walkers and runners and even a few cyclists will no longer be out on our sidewalks and roadways. So at this time of the year it is more important than ever for pedestrians and motorists to exercise caution when navigating the streets of our town.

Safety precautions are especially important in the early morning and evening hours that overlap commuter hours. It’s also important to note that after the holiday season, runners start to prepare for the Boston Marathon in April and these folks may be out running early and late in the day as part of their training regimens. So we ask you to consider the following safety suggestions:
Pedestrians:
• Use a sidewalk if available and passable.
• Look both ways before crossing a street, especially when there are high snow banks present.
• If no sidewalk is available walk or run on the side of the road closest to oncoming traffic. This gives you the ability to see the vehicles closest to you and maximizes the time for you to react should you need to take evasive action.
• Wear light colored or fluorescent high visibility color clothing and/or a reflective safety vest.
• Absolutely avoid wearing dark colors such as black or navy blue as they make it very difficult for motorists to see you.
• Carry a flashlight and/or wear flashing light devices to warn oncoming vehicles of your presence.
• Avoid wearing earphones as they may interfere with hearing approaching vehicles.
• Be cognizant of pets walking with you so that oncoming motorists can also see them.

Winter Cyclists:
• Obey all motor vehicle laws (including stopping at all lights and stop signs). Do not ride on sidewalks.
• Wear your Helmet.
• Exercise the same care for Pedestrians as suggested for Motorists.
• Remember to follow the same visibility suggestions as provided to Pedestrians.
• Be extra cautious for hazardous road conditions.

Motorists:
• Exhibit care in navigating roads, intersections and near driveways that may be narrowed by snow banks that may reduce your line of sight relative to pedestrians.
• Drive slower in the dark and when roads are wet, snowy or icy to maximize your distance for maneuvering, slowing or stopping for pedestrians in the road.
• Avoid flashing high beams in the face of pedestrians as this may cause them to lose their ability to see the road.

Residents and Businesses:
• If there is a sidewalk in front of your property, please clear it so that pedestrians can use it instead of walking in the road.
• Use sand or de-icer to clear the sidewalk of ice or residual snow.
• If possible, avoid piling snow in places where it would restrict the sight lines of motorists and pedestrians.

With just a little effort on everyone’s part, walking, running and driving on our roads in winter can be safe for all. Please visit our website at http://www.townofchelmsford.us/Bicycle.cfm. We welcome comments on improving our community’s bicycle and pedestrian environments.

BRUCE FREEMAN RAIL TRAIL
The Chelmsford portion of the trail is NOT plowed in the winter but is open for winter activities including snowshoeing and cross country skiing when snow covered. Motorized vehicles such as snowmobiles and ATV’s are NOT allowed on the trail at any time. If these vehicles are seen on the trail, please call the Chelmsford Police Department Non-Emergency number at (978) 256-2521 to report this activity. Keep the trail clean by properly disposing of trash and picking up litter. The trail is a carry in, carry out facility.

When there is no snow on the trail, it is open for normal activities. Trail users are reminded of the following rules to help make the trail safe and pleasurable for all.

• Be courteous to other trail users
• Stop at ALL STOP signs
• Bicyclists and skaters yield to pedestrians
• Bicyclists and skaters should wear safety helmets.
• State law requires children under 17 to wear a helmet while biking and skating.
• Keep to the right; pass on the left
• Use an audible signal when passing
• Look before passing
• Travel at a safe speed
• Keep pets on a short leash, remove and properly dispose of droppings
• When stopping, do not block the trail
• Obey all traffic control signals and signs
• No littering – carry in, carry out
• Respect property adjacent to the trail
• No motorized vehicles on the trail (except assistive devices specifically designed for disabled/handicapped persons. Use of a visibility flag is recommended for safety).

Parking: Please park only in designated parking areas at Chelmsford Center for the Arts (formerly Old Town Hall), Municipal lot behind Santander Bank on Billerica Rd. (Rt. 129), Stop and Shop, Cushing Place, Byam School (non-school hours), Sunny Meadow Farm, and Pond Street. The Sunny Meadow Farm parking area is connected to the trail by a short paved path. Parking is available in the Cross Point finger lot adjacent to the Route 3 tunnel on weekend and holidays only.

Event Registration: The Chelmsford Bicycle and Pedestrian Advisory Committee (BPAC) is responsible for coordinating activities on the trail. See http://www.townofchelmsford.us/Bicycle.cfm.

All groups of 25 or more participants wishing to use the trail must fill out an Event Registration Form and submit it at least 60 days in advance. 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 (CPS) website at www.chelmsford.k12.ma.us. Please follow the instructions on that form. Permission from CPS to use the Byam grounds is a requirement for event approval.

BOARD OF HEALTH

Susan Rosa, RN, Public Health Director
Richard Day, Deputy Health Director
(978) 250-5241

The following are services provided by the Board of Health at the Town Offices:
• Blood Pressure Screening: First Thursday of each month from 9 AM to 12 PM.
• Educational and Health Promotion Programs

Appointments are required for the following services:
• Immunizations for children and adults ($20 administration fee)
• Mantoux (TB) Testing ($20 fee)
• Cholesterol Screening ($20 fee) – Clinic dates will be advertised in the newspaper and on Chelmsford cable.
• Home Visits – Referral required from physician or Home Health Agency.
• Copies of records of previously administered vaccines ($10)

NEWS FROM THE TOWN OF CHELMSFORD
CHOLESTEROL AND BLOOD SUGAR SCREENING

Dates:
• Tuesday January 23, 2018
  Deadline to register: Friday January 12, 2018
• Tuesday April 24, 2018
  Deadline to register: Friday April 13, 2018

Time: 8:30 AM to 11 AM($20 fee).

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

Call 978-250-5241 for registration. Testing is limited, so call early.

Chelmsford Town Wide Wellness Fair
Saturday April 7, 2018
9 AM–12 PM
Chelmsford Senior Center, Route 40
75 Groton Road, North Chelmsford

All communities welcome!

HEALTH EDUCATIONAL SPEAKER SERIES AT THE LIBRARY!
Chelmsford Board of Health will partner with the Chelmsford Library to present a series of programs on a variety of current health issues. These programs will be held on the third Wednesday of each month, January through March at the main Library at 7 PM. Program in February will be scheduled on Wednesday February 28, 2018 due to February school vacation. The third Wednesday in April will be for any cancellations due to weather in the previous months. Please check the Board of Health website http://www.townofchelmsford.us/156/Health-Department or the Chelmsford Public Library website https://www.chelmsfordlibrary.org/ for more details on the monthly topic. For more information on these programs, please contact Chelmsford Board of Health Educator Amanda Glaser at 978-244-3328.

January Library Program:
The Importance of a Healthy Diet & Lifestyle
Wednesday, January 17, 2018, 7 PM, Chelmsford Public Library

Presenter: Renee Barrile, RD, PhD, Program Director for MPH in Nutrition and MPH Coordinated Program in Dietetics, University of Massachusetts Lowell College of Health Sciences

February Library Program
Stop the Bleed
Wednesday, February 28, 2018, 7 PM, Chelmsford Public Library

Presenters: Susan Rosa, RN, Kerry Sorrentino, RN, and Gail Johnson, RN, Nancy Burns, EMT-B, CHEP

Application for 1 Nursing Contact Hour and 1 EMS Hour submitted

The Chelmsford Board of Health in partnership with the Westford Board of Health is offering a life-saving training titled Stop the Bleed for all community members on Wednesday February 28th at 7 PM at the Chelmsford Public Library. After such tragic events such as the Boston Marathon Bombing of 2013, many civilians have become interested in learning how to save lives by using basic skills to help stop bleeding that may occur from injuries. This free training provides participants with the knowledge and skills needed to provide immediate front line aid until first responders arrive on the scene. This is a great hands-on training course from which you will leave with basic knowledge of how you can help to potentially save a life! Additionally, we will be offering a brief instructor course at the end of the program for any participants with a medical background who wish to become instructors to pass on this vital information.

EMERGENCY PREPAREDNESS AND OTHER PAMPHLETS/INFORMATION

These pamphlets may be picked up at the Board of Health Office. The Emergency Preparedness Pamphlets will give information on:
• What to do now to prepare yourself and your family and pets for the unexpected.
• Coping with disaster.
• Basic overview of nuclear, biological and chemical agents.

Other pamphlets available:
• Substance Abuse / Preventing Substance Abuse / Ways to Protect Your Teen / Learn to Cope
• Communicable Diseases / Preventing Lyme Disease / Mosquito Control Information
• Mental Health / Managing Stress / Depression and Anxiety / Steps to Stop Bullying
• Healthy eating for a healthy weight / Calorie Counter / Cholesterol Information / Total Wellness

PORTABLE GENERATOR SAFETY
Information provided by the Town of Chelmsford Fire Prevention

Portable generators are useful when temporary or remote electric power is needed, but they can be hazardous. The primary hazards to avoid when using them are carbon monoxide poisoning, electric shock or electrocution, and fire. The U.S. Fire Administration (USFA) would like you to know that there are simple steps you can take to prevent the loss of life and property resulting from improper use of portable generators.

To Avoid Carbon Monoxide Hazards:
• Always use generators outdoors, away from doors, windows and vents.
• NEVER use generators in homes, garages, basements, crawl spaces, or other enclosed or partially enclosed areas, even with ventilation.
• Follow manufacturer’s instructions.
• Install battery-operated or plug-in (with battery backup) carbon monoxide (CO) alarms in your home, following manufacturer’s instructions.
• Test CO alarms often and replace batteries when needed.

To Avoid Electrical Hazards:
• Keep the generator dry. Operate on a dry surface under an open, canopy- like structure.
• Dry your hands before touching the generator.
• Plug appliances directly into generator or use a heavy-duty outdoor- rated extension cord. Make sure the entire extension cord is free of cuts or tears and the plug has all 3 prongs, especially a grounding pin.
• NEVER plug the generator into a wall outlet. This practice, known as backfeeding, can cause an electrocution risk to utility workers and others served by the same utility transformer.
• If necessary to connect generator to house wiring to power appliances, have a qualified electrician install appropriate equipment. Or, your utility company may be able to install an appropriate transfer switch.

To Avoid Fire Hazards:
• Before refueling the generator, turn it off and let it cool. Fuel spilled on hot engine parts could ignite.
• Always store fuel outside of living areas in properly labeled, non-glass containers.
• Store fuel away from any fuel-burning appliance.

Information for this factsheet was provided by the Consumer Product Safety Commission
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 used 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)

# 1 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 or go to the town web site (www.townofchelmsford.us), and click on the link for sharps disposal to fill out and submit the form.

# 2 Use of Proper Containers:
The Chelmsford Board of Health is only accepting sharps containers or coffee cans. Laundry detergent bottles and plastic milk bottles will not be accepted.

Dates, Time, and Location
• Wednesday April 11, 2018, 9 AM–4 PM
• Wednesday September 12, 2018 9 AM–4 PM
Chelmsford Board of Health Office, 50 Billerica Road
Room 102 (next to the elevator)

UNWANTED MEDICATION DROP BOX
When was the last time you cleaned out your medicine cabinet?

72 HOUR EMERGENCY STARTER KITS!
Available at the Chelmsford Board of Health. Cost $50, payable to the Town of Chelmsford

List of items included
• Red Backpack (all other items are placed inside)
• ’It’s a Disaster!...and what are YOU gonna do about it? (A Disaster Preparedness, Prevention & Basic First Aid Manual)
• Preparing for a Disaster pamphlet
• Your Family Disaster Plan pamphlet
• List of suggested items to put into a kit
• Wavelength Emergency radio, charger, and flashlight
• 100-piece First Aid kit
• 6 x 10-foot tarp
• Poncho with hood
• 10-yard roll of duct tape
• Whistle with lanyard
• Space blanket, made of durable insulated mylar material that reflects back 90% of body heat. This reusable item is waterproof and windproof.
• Water purification tablets (4 tabs with usage instructions)
• Waterproof cylinder with lanyard for keys, cash, and small items
• 50-foot ‘Paracord’ rope
• Leather palm work gloves
• Safety goggles
• Waterproof matches
• Tube tent

Unwanted Medication Disposal Kiosk

Unwanted Medication Disposal Kiosk at the Chelmsford Police Department, 2 Old North Road.

Pills must be in a secured, zip-locked baggie no larger than two slices of bread

PILLS ONLY!
• No Sharps (needles, lancets, syringes)
• No limit to number of baggies!

If you have unwanted liquid medication to dispose of, it is acceptable to mix it with an undesirable substance such as coffee grounds, kitty litter, or sawdust and put it in a bag and then just dispose of it in your regular trash. Do not flush liquid medications down the drain.

CHELMSFORD FARMERS MARKET
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.

Chelmsford Farmers Market
Saturdays from 10 AM–2 PM
November 4, 2017–February 24, 2018
Chelmsford Agway
24 Maple Road

MERCURY THERMOMETER EXCHANGE PROGRAM:
Residents may bring in old mercury thermometers and drop them off at the Board of Health Office or at the Recycle Office. You will receive a digital thermometer for each mercury thermometer that you drop off.

HOUSEHOLD HAZARDOUS WASTE DAY
Household Hazardous Waste Day is held the last Saturday in April (April 28, 2018) from 9 AM to 1 PM in the back parking lot of the Town Offices (off of Chelmsford Street)

WONDERING ABOUT MENTAL HEALTH SERVICES?
William James INTERFACE Referral Service, a community resource and referral HELPLINE is available to all members of the Chelmsford community. William James INTERFACE 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. William James INTERFACE 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–5 PM at 1-888-244-6843.

On the William James INTERFACE web site: 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.

Funding for this service is generously provided by the Town of Chelmsford, Chelmsford School Department, Chelmsford Board of Health, and Donations from other Community partners. Since its inception William James INTERFACE has helped over 400 Chelmsford residents obtain services.

SUMMER CAMP SAFETY
Sending your child to summer camp? Make sure that the camp your child is going to attend has met the Massachusetts Dept. of Public Health Regulations and has been inspected by the Board of Health.

CENTER FOR THE ARTS

JANUARY 2018

• Chamber
  The Thoreau Piano Trio
  Sunday 1/7, 3 PM
  $20 General, $15 CCA Members

• Big Band
  The Din
  Saturday 1/13, 8 PM
  $15 Cover, Cash Bar

• Jazz
  2nd Sunday Jazz Jam
  Sunday 1/14, 4 pm
  $5 Cover, Cash Bar

• Jazz
  3rd Thursdays at The Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 1/18, 8 PM
  $10 General, Cash Bar

FEBRUARY

• Brazilian Jazz Party
  Fernando Holz Band Celebrates Carnaval
  Friday 2/2
  $15 General, $10 Seniors/Students/CCA Members, Cash Bar

• Jazz
  Chelmsford Jazz Band Valentine Concert
  Saturday 2/10, 7 PM
  $15 General, $10 CCA Members/Students, Cash Bar

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

• Jazz
  3rd Thursdays at The Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 2/15 8 PM
  $10 General, Cash Bar

MARCH

• Mystery Writers’ Lecture
  Sherlock Talk!

Saturday 3/3 10:30 AM
  TBA

• Chamber
  The Thoreau Piano Trio
  Sunday 3/4, 3 PM
  $20 General, $15 CCA Members

• Jazz
  2nd Sunday Jazz Jam
  Sunday 3/11, 4 PM
  $5 Cover, Cash Bar

• Jazz
  3rd Thursdays at The Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 3/15 8 PM
  $10 General, Cash Bar

• Swing Dance
  Bedford BIG Band
  Saturday 3/31, 7 PM
  TBA

APRIL

• Jazz
  2nd Sunday Jazz Jam
  Sunday 4/8, 4 PM
  $5 Cover, Cash Bar

• Jazz
  3rd Thursdays at The Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 4/12 8 PM
  $10 General, Cash Bar

MAY

• Chamber
  The Thoreau Piano Trio Beethoven Marathon!
  Sunday 5/6, Part I 1 PM, Part II 5:30 PM
  TBA

• Dance
  Encore Dance Ensemble 10th Anniversary
  Friday 5/11
  TBA

• Jazz
  Joan Watson Jones in Concert
  Saturday 5/12 7:30 PM
  TBA

• Jazz
  3rd Thursdays at The Cabaret Cafe
  Steve Hunt and Trio Now
  Thursday 5/17 8 PM
  $10 General, Cash Bar

• Jazz
  Acton Jazz Café Reunion with Gwenn Vivian
  Saturday 5/19 7 PM
  Suggested Donation $20, Cash Bar

Become a member and receive special member prices.

Check our website, www.chelmsfordarts.org, our Facebook pages: Chelmsford Center for the Arts, Team CCA, CCA Cabaret Café, and The Gallery at Chelmsford Center for the Arts for new programs and info

CHELMSFORD PUBLIC LIBRARY

LIBRARY PROGRAMS
Our programs are funded with a combination of town funds and through the generosity of the Chelmsford Friends of the Library. Unless otherwise indicated, programs take place at the main library and are free and open to the public.

978-251-5151 | www.chelmsford.k12.ma.us/commed

7/9/18 1:51 | www.chelmsford.k12.ma.us/commed

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One Book Chelmsford
Get your books early this year! Chelmsford’s 2018 One Book community reading title will be “The Nightingale” by Kristin Hannah. Copies of the book will be available at the library beginning January 2nd. Programs may include history, cooking, and inspiring stories about women from all walks of life. Check chelmsfordlibrary.org/programs/one-book/ for the latest One Book Chelmsford programs and events.

Don’t miss our exciting event on Friday night, February 9th, 2018, when NY Times best-selling author Kristin Hannah visits the CHS Performing Arts Center. She will answer questions about The Nightingale and also read from her new novel, The Great Alone. Books will be available for signing and purchase. Register online at https://www.chelmsfordlibrary.org/programs/one-book/ - click on the A Visit with Kristin Hannah event listed.

WINTERFEST AT THE LIBRARY

WinterFest Social
Friday, February 2nd, 2018 from 7 PM–10 PM

WinterFest Social: A Winter Escape 2 – Once again, the library will host this popular community social featuring mini escape room challenges. Enjoy delicious foods from local restaurants, beer and wine and mingle with Chelmsford’s literati. Pick up a copy of the 2018 One Book selection Kristin Hannah’s book The Nightingale while copies last. (Puzzling out the escape rooms will be easier if you have read the book.) Tickets are limited and will be available for purchase beginning January 2nd at the main Library, the MacKay Branch and online. $20 in advance and $25 at the door. For more details or to reserve your tickets online, go to www.chelmsfordlibrary.org/winterfest.

Chelmsford Cultural Council Annual Winterfest Photography Contest
Sunday, February 4th, from 2 PM–4 PM:

Stop in at the Library for this special Sunday event. The Cultural Council will be holding a reception for their annual Photography exhibit. Winners of the Photography Contest will be announced. Light refreshments will be served.

ART EXHIBITS

January 2018
Chelmsford Art Society Member Holiday Show
Reception: Saturday, January 13, 2–4 PM
Lecture & Demo by Boston Artist Tom Dunlay, Saturday, Jan. 20, 2–4 PM

February 2018
Chelmsford Cultural Council Winterfest Photography Exhibit
Reception: Sunday, February 4, 2–4 PM

March 2018
Chelmsford Schools K-12 Exhibit
Reception: Thursday, Mar. 8, 5–7 PM

April 2018
Jorge Cifuentes R.
South American History in paintings

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

PROGRAMS AND SERIES FOR ADULTS

Work on Your New Year’s resolutions:

• Mindfulness and Meditation workshop with author Beth Kurland, Sunday January 21 at 2 PM

• Clutter Control 101 with Dave Downs - Thursday January 25 at 6:30 PM

World Cultural Events:

• Chinese New Year Festival, February 17, 1–4 PM (info, music, & crafts all afternoon. All ages.)
• The Softer side of Celtic with Jeff Snow, March 15, 7 PM
• West African Kora music performance by Sean Gaskell, April 10 at 7 PM

One Book Chelmsford Events:

• WinterFest Social Kickoff, February 2 at 7 PM
• Friday Morning Lecture on Life during WWII, February 9
• Visit with Kristin Hannah, author of The Nightingale - February 9 at 7 PM
• An Evening with Eleanor Roosevelt, February 15 at 6 PM

Science Café—Women in Science and the Gender Gap, February 26 at 7 PM

Learn a New Hobby Series:

• How to Save Seeds, March 18 at 2 PM
• Learn to Play the Ukulele (ukuleles provided) - March 21 at 7 PM
• Vegetable Gardening for Everyone, April 8 at 2 PM
• Birds of the Quabbin Reservoir, Thursday, March 22 at 7 PM

FridAY Lectures

On February 9th, our Friday Lecture will tie in to our One Book Chelmsford with a historian from UMASS Lowell presenting on life in WWII France. In March our partnership with LIRA continues with guest speakers on Great Decisions topics: Russia’s Foreign Policy (March 9th), China and America (April 13th), Media and Foreign Policy (May 11th). Lectures take place on the second Friday of the month at 1 PM in the McCarthy meeting room. No registration necessary.

SCiENCE CAFE

The Science Café is back on February 26th for a discussion of women in science and the gender gap in scientific fields. On March 26th we’ll have a presentation from a tropical biologist to help everyone put the winter behind them. And finally, in April, we’ll have a presentation and discussion about Pluto, including information from the New Horizons flyby. The Science Café meets at 7 PM in the McCarthy meeting room.

TECH TALKS

Tech Talks take place on the second Thursday of the month, at 10 AM. Don’t forget that you can always “Book a Librarian” by setting up a time with the reference desk staff for basic computer instruction or to help with a specific computer issue.

CAREER WORKSHOPS

In partnership with the Career Center in Lowell, the library will host a monthly career workshop. Programs will take place on the fourth Tuesday of every month, from 6:30-8 PM, with topics to be announced. Check our online events calendar for the latest information.

UNIVERSAL CLASS

Improve your skills with over 500 self-paced courses, with topics ranging from accounting, history, finance, web development, homeschooling, crafts, test preparation, career training, science, mathematics, and much more. You can learn a new hobby, improve your resume, or earn CEUs and Certificates. Get started today; chelmsfordlibrary.org/universalclass.

This is just a sampling of our programs! For the complete line-up, visit chelmsfordlibrary.org/calendar

CHELMSFORD VOLUNTEER FAIR
The 2018 Volunteer Fair/Organizations Fair
Saturday, March 10, 2018
At a new time, from 12 PM–3 PM at the Chelmsford Senior Center, 75 Groton Road, North Chelmsford

Teens and Adults, looking for interesting volunteer work?

Join us to learn about and join clubs in your community. Give back to your community, gain valuable experience, and share your skills (or learn new ones!). Speak with reps from over 25 organizations about volunteer and membership opportunities they offer. This event is for adults and teens. It is sponsored by the Chelmsford Library and the Chelmsford Senior Center.

BOOK GROUPS AT THE CHELMSFORD PUBLIC LIBRARY

For a list of titles for each group, check chelmsfordlibrary.org/book-groups

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 12 PM on the first Friday of each month.

Friday Fiction: This fun book-share program highlights new and popular titles and meets quarterly.

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 11AM.

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

The Moveable Feast Book Group: Our newest addition to our book group offerings invites members to travel with us to discuss books at different venues around Chelmsford and surrounding towns. This group will meet on Saturdays at 2 PM at a location to be decided by the group. Check the calendar for details – hope you can join us!

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: 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

NEWS FROM THE TOWN OF CHELMSFORD

The Make-It! Club, grades 4–8. Make and take home an awesome DIY project, snack, or dessert each month. We meet at the MacKay Branch Library in North Chelmsford every first Wednesday of the month, and at the Main Library every last Thursday of the month. Check the calendar for projects.

Teen Art Studio, grades 4-12. Meets every third Wednesday of the month to experiment with art projects! Teen Art Studio requires registration! Sign up at chelmsfordlibrary.org/calendar and see the list of upcoming projects.

Teen Special Events, see chelmsfordlibrary.org/calendar for details and to register

• Hot Chocolate Workshop and Toppings Bar
• Super Smash Bros. Wii U Tournament
• Goldfish Aquarium Soapmaking
• Cake Pop Party

NEWS FROM THE CHILDREN’S DEPARTMENT

The Children’s Department offers daily storytimes for various age groups. Check our online calendar chelmsfordlibrary.org/calendar to find out which day is best for your child. When storytime is not in session we also offer fun programs like our annual Teddy Bear Concert and live animal Petting Zoo. For older kids, we have after school craft and story-based programs, and we also offer weekend programming. For all of the latest happenings in the Children’s Room, check out chelmsfordlibrary.org/kids.

DOG LICENSING HAS BEGUN FOR 2018

Your dog’s license is valid from January 1 – December 31. There are three ways to license your dog.

1. Bring your current rabies certificate with you to the Town Clerk’s Office and license your dog in person. Feel free to bring your dog for a visit!

2. Go to the Town Clerk webpage, upload your current rabies certificate and license your dog on-line http://www.townofchelmsford.us/583/Online-Dog-Licenses

3. Mail in the license renewal form that you receive with your census or printed from the Town Clerk webpage, send it along with your dog’s current rabies certificate, a check for the appropriate amount and a self-addressed stamped envelope. We will then mail the license and tag to you.

WATCH FOR YOUR 2018 CENSUS FORM

2018 Census Forms are mailed out to all households the first week of January. Please return your Census Form ASAP to keep your voter status active and to keep our annual street listing up to date. For your convenience, you will also find dog license renewal information with the Census Form for those with canine companions.

EVER THOUGHT OF RUNNING FOR A LOCAL POLITICAL OFFICE?

Nomination Papers for Annual Town Election are available on January 2, 2018. Call or stop by the Town Clerk’s Office to get answers to your questions or to pull papers for one or more elected positions. Office hours are Mon-Fri, 8:30 AM–4 PM.

TOWN OF CHELMSFORD RABIES CLINIC

Saturday, February 10th, 10 AM–12 PM

Chelmsford Dog Pound, 2 Olde North Rd., Chelmsford

Rabies shot: $15.00 (Bring prior rabies cert. for multi-year shot)

Microchipping will also be available: $25

Dog Licenses: $15/ altered, $20/unaltered

License your dog before February 28, 2018 to avoid late fees.
ANNUAL TOWN ELECTION: April 3, 2018

Vote for those that make the decisions that affect you locally; Board of Selectmen, School Committee, Planning Board, Town Meeting Representatives, Board of Health, Cemetery Commission, Housing Authority and Library Trustees.

- Precincts 1, 4, 5, 6, & 9 vote at the McCarthy School, large gym
- Precincts 7 & 8 vote at McCarthy School, small gym
- Precincts 2 & 3 vote at the Senior Center.

The polls will be open from 7 AM–8 PM. Let your voice be heard!

WINTERFEST 2018

February 2 – February 4

Friday, February 2, 2018

7 PM–10 PM. WinterFest Social: A Winter Escape 2. Once again, the library will host this popular community social and it will include mini escape room challenges. Enjoy delicious foods from local restaurants, music, beer & wine, and the company of your friends and neighbors. Tickets are limited and will be available for purchase beginning January 2nd at the main Library and the MacKay Branch. $20 in advance and $25 at the door. Reserve your tickets online at www.chelmsfordlibrary.org/winterfest

This fun after-hours party is also tied in with the “One Book Chelmsford” town-wide reading program. This year we will be reading The Nightingale by Kristin Hannah. She will visit Chelmsford on February 9th. To register for this event, check the Library’s website for details - chelmsfordlibrary.org/onebook/.

7 PM–9 PM. Scottish Country Dancing. Chelmsford Community Center, 31 Princeton St., N. Chelmsford. Kick up your heels and come dancing! Live music and wonderful instructors! Please call for more information (508) 574-1533. Partners and Scottish Dance experience are not necessary. Please bring a pair of clean smooth-bottomed shoes to dance in. First Time Dancers Free! Returning dancers $3, with a $10 cap for Families. This program is supported in part by a grant from the Chelmsford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

8 PM. Chelmsford Center for the Arts: Fernando Holz Band Celebrates Carnaval! Singer and guitarist Fernando Holz and his band return to the CCA bringing his own brand of joyous and poetic Brazilian music. Get ready to samba! Tickets $20 General, $15 CCA Members/Students.

Saturday, February 3, 2018

8–10 AM. Chelmsford Catholic Collaborative Pancake Breakfast will be held at St. Mary’s Parish Center. Join us for a delicious breakfast of pancakes, eggs, hash browns, biscuits, juice, coffee, and more. We will have face painting for the kids, games, music and a free gift for each child. Please come and support our youth and the trips they will be taking this summer. $5 per child (12 and under), $8 per adult.

9:30 AM–5:30 PM. Chelmsford Cultural Council’s Photography Contest/Exhibit at the Chelmsford Public Library. View entries to this annual photography contest. Vote for People’s Choice.

11 AM–1 PM. Chelmsford Land Conservation Trust on a Winter Walk. As the Girl Scouts from Chelmsford Troop dish up service with a smile!

12:30–2 PM. WinterFest Celebration of Dance. Join us for a Celebration of Dance, doors will open at 12 PM. We will showcase many different styles of dancing that are available in the area. Stop by the Chelmsford Community Center, 31 Princeton St, to see our talented dancers and find out what types of classes are offered. We will see a variety of dances, and there will be several studios and styles of dance highlighted.

12 PM–4 PM. Chowder Fest, Free Family Fun and Entertainment at the Senior Center: Come out of the cold and enjoy some hot, delicious food and entertainment provided by local talent Jon Mansfield. We will have for sale our famous Clam, Corn and Fish Chowder, Hot Dog Combo (Chips & Drink included), Kids Bag Lunch, Apple Crisp, Ice Cream and Bake Sale with Hot Beverages. Enjoy free Kids Games, Prizes & Face Painting. Treasure Shop will be open.

Sunday, February 4, 2017

1 PM. Join the Chelmsford Land Conservation Trust on a Winter Walk at either Bartlett Woodlot or Skunk Island depending on weather and conditions. Please check the WinterFest webpage for updates. http://www.chelmsfordlibrary.org/winterfest/

1:30–2:50 PM. Free Public Skate at the Chelmsford Forum: Bring this flyer with you to let them know you are a WINTERFEST PARTICIPANT and you can get Free Skate Rental Also!

2–4 PM. Chelmsford Cultural Council Annual Winterfest Photography Contest. Stop in at the Library for this special Sunday event. The Cultural Council will be holding a reception for their annual Photography exhibit. Winners of the Photography Contest will be announced. There will be live music and light refreshments will be served.

All times and events are subject to change. Please check the WinterFest webpage for details and additional events. Link to the WinterFest Webpage from the Library’s website: http://www.chelmsfordlibrary.org/winterfest/
Telephone No. ____________________________________________________ Child’s Date of Birth:  Mo._________   Day _________   Year _________

Home Street Address City/Town State Zip Code _______________________________________ _______________________________________ _______________________

Child’s Last Name First Name Middle Initial _______________________________________ _________________________________ _____________________

Signature(s) of Parent(s) or Guardian(s) Relationship Date _______________________________________ ________________________________ ________________________________

WE THE UNDERSIGNED FATHER AND MOTHER OR GUARDIAN(S) OF ________________________, A MINOR, DO HEREBY CONSENT TO HIS/HER PARTICIPATION IN CHELMSFORD COMMUNITY EDUCATION PROGRAMS AND DO FOREVER RELEASE, ACQUIT, DISCHARGE, AND CONSENT TO HOLD HARMLESS THE TOWN OF CHELMSFORD, THE CHELMSFORD PUBLIC SCHOOLS, A MUNICIPAL CORPORATION OF THE COMMONWEALTH OF MASSACHUSETTS, AND ITS SUCCESSORS, DEPARTMENTS, OFFICERS, SCHOOL COMMITTEE MEMBERS, EMPLOYEES, SERVANTS AND AGENTS ANY LOSS OR DAMAGES OR COSTS, INCLUDING ATTORNEY’S FEES, THE SCHOOL DEPARTMENT OR THE TOWN OR THEIR REPRESENTATIVES MAY HAVE TO PAY IF ANY LIABILITIES WHICH THE STAFF SHOULD BE AWARE OF? DO NOT USE THIS FORM TO REGISTER FOR TRIPS.

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:__________________________________________

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

Course #:___________________       Course Name:_____________________________________

Participant’s Name:__________________________________________________________________________

Participate 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.

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.

TOTAL AMOUNT ENCLOSED: $____________________ Check #________________________ Cash______

Checks Payable to:  Town of Chelmsford/CommEd

Credit Card Information:      Visa (   )         or        MasterCard  (   )

There is a Convenience Fee of 2.5% per transaction on credit/debit cards and a $2 per transaction fee on each ACH transaction.

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
- Half-day combined Kindergarten/Childcare to provide full school day coverage
- 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

Winter/Spring 2017-18