Poppy Fields
10 x 8 in.
Needle & Thread (Stitching)
Into canvas

This stitching piece is the second of a Van Gogh series I started in the summer of 2013. As a lot of my work would suggest, I tend to gravitate towards the colors and rhythmic style that Van Gogh used in his paintings. In the Poppy Fields piece I tried to use various textures and directions with the thread to create a similar fluid look. Rather than trying to mimic a master painter at his own craft, my goal is to use my own stylized technique to portray how I interrupt the original artwork.

The Mike Bernstein Memorial Art Scholarship is a loving tribute to Mike by his family and friends. Mike was a talented illustrator and graphic artist and loved his career in graphic design. He passed away much too young in 2005 after a long battle with cancer.

Scholarships are awarded each year to two Medway High School seniors pursuing degrees in graphic arts/design, photography or art. These scholarships are supported by the generosity of friends and family. It is with great pride and pleasure that Mike’s dream is kept alive by those who loved him.

The cover artist, Jill O’Rourke, was the recipient of the scholarship in 2008 and went on to the Art Institute of Boston at Lesley University. She graduated in 2012 with a Bachelor of Fine Arts.
**Kinky Boots**

**Coming to Boston!!**

**Winner of six Tony Awards® including BEST MUSICAL**

We are excited to announce that we have tickets for Kinky Boots, coming to the Boston Opera House in August, 2015!

From Grammy® Award-winning pop icon CYNDI LAUPER and four-time Tony Award® winner HARVEY FIERSTEIN comes the exhilarating musical KINKY BOOTS, directed and choreographed by Tony Award winner JERRY MITCHELL.

KINKY BOOTS is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from the most unlikely person. Together, these two become an unstoppable team and find that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world.

Featuring a sensational musical score, knockout dancing and a spectacularly uplifting story, KINKY BOOTS is the must-see musical that proves that sometimes, the best way to fit in is to stand out!

We procured FRONT CENTER MEZZANINE seating (**$158 value**) for one of Broadway’s sold out shows at a greatly reduced price.

“**Inspired! Kinky Boots is an emotional button-pusher!”** - The New York Times

“**Cyndi Lauper’s infectious score is cause for celebration!”** - Entertainment Weekly

“**Sweet, colorful & a little naughty! A big ol’ sweet love story.”** - Associated Press

**Fee:** $115 includes Front Center Mezzanine seating & bus transportation

**Date:** Friday, August 14, 2015

**Time:** The bus departs at 4:30pm from the Middle School parking lot, 45 Holliston Street. There is time for dinner before the show at one of the many restaurants within walking distance of the theatre.

The show begins at 8:00pm.

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**REGISTRATION INFORMATION**

- Mail to: Medway Community Education Department, 16 Cassidy Lane, Medway, MA 02053
- Hand Deliver: Burke-Memorial School Main Office, 16 Cassidy Lane - Hours: 7:30am-3:30pm
- Online Registration: https://unipaygold.unibank.com (Medway Public Schools/Community Education/Seasonal Brochure)

Make checks payable to Medway Community Education. You may write one check per registration. Late registrations will be allowed if space allows. We do not send confirmations - you are automatically enrolled upon registration. Registration forms may be duplicated. Participants in the Adult Programs must be at least 18 years of age. Please visit our website at Medwayce.org.

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**Medway Community Education is excited to announce we are now accepting registrations through FamilyID. We believe signing up for our programs and activities should be easy, convenient, accurate, and secure for everyone. Enter your registration information once and use it again and again. No more wasted time filling out redundant forms! Visit Medwayce.org for more information.**

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**Please print - ONE PERSON PER FORM REGISTRATION FORM – Fall 2014**

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Veronica Boske received her training as a Health Coach from the Institute for Integrative Nutrition’s cutting-edge Health Coach Training Program. During the training, she studied over 100 dietetic theories, practical lifestyle management techniques, and innovative coaching methods with many of the world’s top health and wellness experts.

Marcia Coakley is a lifelong dancer, a studio potter for over 25 years, and an educator in many disciplines. She is a certified Nia Blue Belt and Nia 5-Stages instructor, a long time yoga practitioner, and thrilled to bring Nia fitness to you. Stay body-friendly for your life!

Melanie Dawson received a BA in Early Childhood Education and Special Needs from Boston College and has a Master’s Degree in Elementary Education from the University of Connecticut. Melanie, a former Kindergarten teacher, currently runs Preschool Programs through Medway Community Education. Melanie is the mother of four children and resides in Medway.

Dale Freeman studied music at Berklee College and has taught music privately for over 55 years. He has successfully released 18 children’s CDs and is currently working on a CD of his original adult music. Recently, BBC Television used an original arrangement for a UK children’s show. Dale continues to perform with jazz combos, as a children’s solo artist, and as a private guitar teacher in Medway.

Steven LaCount began his career in the restaurant business at the age of fourteen at The Country Club in Brookline. LaCount worked there under six talented chefs, gaining knowledge in Italian and French cooking techniques. In 1983, he became the youngest chef to be named Executive Chef. He held this coveted position for more than twenty years, until 2005 when he and his wife Michelle decided to open Chaia’s in Westwood. LaCount, who was also an adjunct professor at Boston University’s School of Hospitality Management, conducted studies of his craft abroad with work study programs in France, Italy, and Switzerland.

Mark Lenci, co-owner of Franklin Liquors is a Certified Specialist of Wine (CSW) by the Society Of Wine Educators. Mark is the first in Massachusetts to receive a California Wine Appellation Specialist (CWAS) by the San Francisco Wine School. Franklin Liquors is a family-owned business that has served the community since 1978. For more information go to Franklinliquors.com

Paula O’Malley is a Certified Zumba Instructor and has been teaching dance for over 25 years. She has been sharing her love of dance at her own studio in Medway for the past 20 years.

Timothy J. Schnelle, CFSL (Certified Financial Seminar Leader), has been consulting and teaching for over 30 years specializing in debt elimination including both secured and unsecured debt. Whether working one-on-one or in training workshops and seminars, he has helped thousands of people acquire the tools and resources needed to escape the oppressive burden and stress of debt. Mr. Schnelle, through his business, Debt Free Tonight, also works closely with a number of local attorneys providing debt elimination alternatives where appropriate to their clients. Reference are available upon request.

Lisa Sheehan has been an avid photographer since her teens and has completed undergraduate course work in film photography and more advanced seminars and workshops in digital photography, lighting, composition and design. She also holds a Master’s degree from Simmons College and is a certified high school English teacher. Her work can be seen at lisashaehephanography.com.

Bob Schnelle,通过 his business, Debt Free Tonight, has become the premiere location for learning the process of debt elimination including both secured and unsecured debt. Mr. Schnelle, through his business, Debt Free Tonight, has become the premiere location for learning the process of debt elimination including both secured and unsecured debt. Mr. Schnelle, through his business, Debt Free Tonight, has been teaching, consulting, and helping others achieve their health and wellness goals.

Jeffrey Elie was born in 1981 and currently lives and works in the Boston area. He attended the Art Institute of Boston receiving his MFA in 2009 and his BFA in 2004. His work has been featured in The Boston Globe, The Boston Phoenix and Art/Act magazine. He is currently an Adjunct Professor of Drawing and Painting at the New Hampshire Institute of Art, Museum of Fine Arts Boston and Art Institute of Boston at Lesley University.

Michael Finnegan received his undergraduate degree from Notre Dame College in 2003 and his MFA from the Art Institute of Boston at Lesley University. His professional experiences include working with school age and community education programs, teaching visual arts courses and consulting with nonprofit Art Organizations. Michael has collaborated with many local and international artists in creating major exhibitions across New England. Michaels artwork focuses on contemporary digital culture. His work is m beastly connected to digital media, virtual content and social interfaces.

Noelle Fiori received her MFA from The Art Institute of Boston and is currently an artist teacher in the Medway Public School system. She recently taught at Framingham State University and has received awards for her artwork. She has been a member of the Chase Young Gallery in Boston and from the director of MASS MoCA.

Ann Fischer, owner of Molly’s Apothecary, has been making soaps, lotions and bath products for 14 years. Ann became interested in natural body products when two of her children developed skin conditions. Molly’s has been in the Medway Mill for almost six years. Along with a retail store, Molly’s hosts children’s birthday parties, soap making classes, and Ladies Night out workshops.

Rahaf Al-Hajj received her BFA in Accounting from the University of Rhode Island and has been in the Medway community for 12 years. She is passionate about helping others achieve their health and wellness goals.

Melanie, a former Kindergarten teacher, currently runs Preschool Programs through Medway Community Education. Melanie is the mother of four children and resides in Medway.

Dale Freeman studied music at Berklee College and has taught music privately for over 55 years. He has successfully released 18 children’s CDs and is currently working on a CD of his original adult music. Recently, BBC Television used an original arrangement for a UK children’s show. Dale continues to perform with jazz combos, as a children’s solo artist, and as a private guitar teacher in Medway.

Molly’s has been in the Medway community for almost six years. Along with a retail store, Molly’s hosts children’s birthday parties, soap making classes, and Ladies Night out workshops.

Jill Barrett holds her Master’s Degree in Health Administration. She has worked in the health care industry for 13 years as a training specialist, before deciding to change her path in a more spiritual direction. She is a Reiki Master/Teacher, a Licensed Massage Therapist and a certified Biopulmonary Aunt Counselor. She is currently enrolled in the Rhys Thomas School of Energy Medicine. She is committed to teaching others to use Reiki to help them seek balance and wellness in their lives.

Ann Fisher, owner of Molly’s Apothecary, has been making soaps, lotions and bath products for 14 years. Ann became interested in natural body products when two of her children developed skin conditions. Molly’s has been in the Medway Mill for almost six years. Along with a retail store, Molly’s hosts children’s birthday parties, soap making classes, and Ladies Night out workshops.
PRESCHOOL

LECTURE SERIES @ THE THAYER HOMESTEAD

JUDITH MOFFATT
THE ROAD TO MANDALAS

After 25 years of illustrating for children’s books and magazines, Judy Moffatt had a life-changing experience that transformed her outlook on life and art. While exploring different mediums and styles, she discovered the art of Mandalas. These insightful circles of art have become a delightful obsession which fill her hours with absorbing imagery, colors and flow. Join Judy as she takes you on the journey to this meditative art. judithmoffatt.com

JEFF Ellise
SPACE AND EVERYTHING IN BETWEEN

Jeff Ellise’s recent work has been described as tangible abstraction. The trajectory his work has taken is not always predictable; he has evolved from a photorealism approach to one that encompasses a wider range of abstract motifs. His work channels the contradiction arts historical past while hinting at a dimension that is beyond the scope of our perception. Join Ellise while he discusses his work and the ideas that have led him on his path. jeffreyellise.com

JESSE GREEN
CHAINSAWS, CHEESEBURGERS & ROCK ’N ROLL

CHAINSAWS, CHEESEBURGERS AND ROCK ‘N ROLL follows “The Machine” Jesse Green, star of The National Geographic Channel’s AMERICAN CHAINSAW, on a wild, cross-country dream road-trip in his custom-built, Chevy van! Through the magic of modern technology, guests will virtually RIDE SHOTGUN with Jesse as he dictates (in real time) his epic tale of how he quit his job, chased his dreams, became a world-renowned Master Chainsaw Sculptor and even landed his own Reality TV Series in prime time! All while simultaneously experiencing (first-hand) the ups, downs and emotions of the more than 9,000-mile drive. Themachineshoggren.com

Dale Freeman
MALACHY CATACLYSM OF 1801: THE MURDER OF ELIZABETH FAYE BY JASON FAIRBANKS

In May of 1801, in the small farming town of Dedham, Massachusetts, the life of eighteen-year old Elizabeth Fales came to a violently abrupt end. She had died among birch trees in a small pasture not far from her family’s home, from elevated stab wounds and a slashed throat. The mysterious circumstances of her death and the involvement of her long time acquaintance and local Dedham man, twenty-year old Jason Fairbanks, would shake this small town of roughly 2,000 people to its core.

The Thayer Homestead is a completely renovated 18th century historic farmhouse with a brand new attached open-space addition. This state-of-the-art facility is set in a beautiful rural setting on a picturesque lawn next to a huge beech tree and featuring a view of the scenic pond in Choate Park.
TRIPS

GUIDED CHINATOWN TOUR

Rose Lee

Do you like Chinese Food and Cooking? Join cookbook author, Rose Lee, master chef, past restaurant owner, and cooking instructor while she guides you to the delights of Chinese culture and foods in Boston’s Chinatown. During your tour we will:
• Visit Chinese markets, learn about the essential cooking ingredients; smell and taste a big array of Chinese greens and exotic fruits.
• Learn and taste the delightful traditional Chinese bakery products and Chinatown’s best BBQ.
• Visit the oldest Chinese herbal shop in Chinatown and learn about the traditional Chinese medicine; see the herbalist dispense the various herbs for their clients. Learn about what herbs are good for health and vitality and herbal medicines that are good to keep on hand for first aid uses.
• Find wholesaleplaces for Chinese kitchen products and noodle and dumpling products to save you money.
• Find the eye-opening places for Chinese arts and crafts shops, traditional Chinese fabric shops, and the real jade and jewelry shops for your enjoyment.
• The tour will culminate in a sit-down restaurant where you can relax and enjoy a guided tea meditation, and sip cups of freshly brewed hot fragrant Chinese tea.
• The meal cost (between $15-$20) is not included in your registration fee.

This is a walking tour; wear comfortable shoes and bring shopping bags or a cooler. Chinatown is near South Station and Orange/Green Line T stops. We will meet at the Chinatown Gate, located at the intersection of Beach Street and Surface Road in Boston’s Chinatown, at 10:00am sharp.

This tour is largely funded by a Confucius Institute Grant through the Medway Public Schools.

Course # CT-14
1 session
Sunday, October 19 10:00am-2:00pm
Chinatown Gate, located at the intersection of Beach Street and Surface Road in Boston’s Chinatown

TRIP TO NYC

Join us on Saturday, November 8, for a memorable day in New York City! There are countless exciting and entertaining places to visit that it is impossible to see everything in one day – but let us help you get started! Please visit Lyn.gov/nyc-resources/categories/culture-recreation to help plan your day. The luxury coach bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick’s Cathedral, Rockefeller Center, plus much more – a map of the area is provided.

Please call the Community Education office at 508-533-3222 option 4 should you have any questions.

Course # NYC-14
1 session
Saturday, November 8 6:30am-10:00pm
$58

The bus departs at 6:30am from the Middle School parking lot, 45 Holliston Street. We depart NYC at 6:00pm, returning to Medway at approximately 10:00pm.

KINKY BOOTS - Broadway’s Hit Musical is coming to Boston!

Boston Opera House

We are excited to announce that we have tickets for Kinky Boots, coming to the Boston Opera House in August, 2015! KINKY BOOTS is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from the most unlikely person. Together, these two become an unstoppable team and find that they have more in common than they ever dreamed possible… proving that when you change your mind about someone, you can change your whole world.

Course # KB-15
1 session
Friday, August 14, 2015 4:30pm departure
$115

The bus departs at 4:30pm from the Middle School parking lot, 45 Holliston Street. There is time for dinner before the show at one of the many restaurants within walking distance of the theatre. The show begins at 8:00pm. The $115 fee includes Front Center Mezza-nine seating and bus transportation.

YOUTH - GENERAL

AFTERNOONS ON THE FARM

Ages: Grades K-8
Medway Community Farm Staff

Join us on the farm for an afternoon of learning and play! Help us take care of the animals, work in the greenhouse and gardens, play games, and learn how nature and nutrition come together on the farm. Every day is different at the farm! Please send children prepared in layers for all weather, including warm waterproof boots. Layers are best in the fall! Please have a snack before arriving. You may register for the entire season or just one day at a time!

Course # A6-14
Grades K-4
7 sessions
Thursdays, September 11-October 30
3:30-5:00pm
$20/session or $160/entire season

Course # A7-14
Grades 5-8
6 sessions
Wednesdays, October 1-29
2:30-5:00pm
$25/session or $160/entire season

Medway Community Farm, 59 Winthrop Street

HOME ALONE SAFETY

Ages: Grades 1-4
Juanita Allen; Century Health Systems

In this class, children will learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as about Internet safety, accident prevention, and fire protection. Simple First Aid techniques will also be taught. A short movie and role playing will also be included in the program.

Course # A8-14
1 session
Monday, October 27 3:30-5:30pm
Memorial School Library
$45

RED CROSS BABYSITTING COURSE

Ages: 9-11
Margie Monahan

This course will teach you the responsibilities and qualities of being a good babysitter and what to expect from the person who hires you. You will learn to interview for a babysitting job, supervise children with safe and age-appropriate toys and games, handle an emergency or illness, perform first aid, carry out basic care routines, prepare simple meals and snacks, and handle bedtime issues. This will be done with fun activities, exciting videos, lively discussions, and real-life problem-solving situations. We will provide you with a first aid supply pack and a book with CDs. Students will receive a Red Cross Certification Card once completing the course. Students should bring a snack and drink each day. Register early - class fills quickly and supplies must be ordered through the National Red Cross Organization.

Course # A9-14
4 sessions
Tuesdays, November 18-December 9
2:00-4:30pm
Middle School Rm. 1108
$75

HORSEBACK RIDING LESSONS

Ages: 5 & up
Melissa Price

Have you always dreamed of learning to ride a horse? Or do you need a brush-up course to get you back in the saddle again? Join us at Shadowfax Farm as you learn to groom and tack a horse, as well as basic riding skills, such as the proper way to get on a horse, sit correctly in the saddle, and how to control a horse. There is a maximum of 6 students in this class.

Course # A10-14
4 sessions
Wednesdays, September 17-October 8
4:30-5:30pm
Shadowfax Farm, 112 Farm Street, Millis
$150

PAINTBALL TRIP

Ages: 5 & up
Fox 4 Paintball

Join us on your day off from school for an exciting day of paintball adventure at Fox 4 Paintball in Upton! Players will be given a safety orientation and issued all needed equipment. Players will play approximately six games and may purchase additional paintballs at a reduced cost. The bus will leave VMB at 9:00am and return at 4:00pm. Children may bring their own lunch, snacks, and drinks; a snack bar is also available. Fee includes transportation. Please be sure to wear comfortable clothing and sneakers. PLEASE DOWNLOAD WAIVER FORM AT foxpaintball.com and mail in with registration and payment.

Course # A11-14
1 session
Friday, October 10 9:00am-4:00pm
Veterans Memorial Building, Rte. 109, Millis
$55

COSTUME SWAP

NEW

Turn this year’s Halloween into a “green” Halloween! Community members are invited to donate gently-used youth, adult and pet Halloween costumes by Friday, October 10th. Then, return on October 16th to look for a new costume for yourself or child! Costumes may be dropped off in the designated box located at the Millis Recreation Department.

Thursday, October 16 4:00-6:00pm
Veterans Memorial Building Gym, Rte. 109, Millis
FREE

Medway Community Education Gift Certificates

Call or email the Community Education office for details
508-533-3222 option 4 communityed@medway.k12.ma.us

Medway Community Education * Fall 2014

Medwayce.org
**YOUTHFitness**

**SPORTS MANIA on Conference Days**

**Grades K-4**

**F.A.S.T. Athletics Staff**

Are you looking for an exciting activity on the early-release conference days? If your child loves to play fun games and sports, then this is the program for them! Let us help keep your child happy and active with two stimulating afternoons of soccer, flag football, kickball, dodgeball, and wiffle ball. Each sport will be played with a variety of instructional and entertaining games and scrimmages.

**Course # A12-14**

2 sessions

Monday, November 17 & Friday, December 5

1:00-3:00pm

Memorial School Gym

$40

**SUPER SPORTS**

**Grades: Grades K-4**

**F.A.S.T. Athletics Staff**

Come join the staff of F.A.S.T. Athletics for their popular Super Sports program which offers a variety of sports each session, such as soccer, basketball, flag football, dodgeball, and kick ball. Each session includes proper stretching and warm-up games, instruction on the basic skills of each sport, and a high-energy game of the sport played that day in fun and fair competition. Children in each school program participate in sports and games that are age-appropriate and geared to their developmental abilities and needs.

**Course # A13-14**

6 sessions

Grades K & 1

Thursdays, October 16-November 20

2:30-3:30pm

Burke School Gym

$60

**Course # A14-14**

6 sessions

Grades 2-4

Fridays, October 17-November 21

4:00-4:50pm

$60

**KIDS RUNNING PROGRAM**

**Grades: Grades 3-5**

**Governor School Gym**

**Course # A11-14**

6 sessions

Wednesdays, October 15-November 19

3:00-4:00pm

$75

**Grades 2-4**

**Course # A14-14**

6 sessions

Thursdays, October 16-November 20

2:30-3:30pm

Memorial School Gym

$75

**ARCHERY**

**Grades: Ages 8-12**

**F.A.S.T. Athletics Staff**

Who has the best shot? This class will focus on aim, posture and balance when shooting with your bow and arrow. Proper technique will be explained to ensure everyone has the opportunity to hit their mark! Can you hit your target 20, 30, or even 50 yards out? Come join us and find out!

**Course # A15-14**

7 sessions

Tuesday, September 25-October 30

3:45-4:45pm

Millis Town Park, 900 Main Street, Rt. 109, Millis

$85

**INTRODUCTION TO PHOTOGRAPHIC COMPOSITION**

**NEW**

**Lisa Sheehan**

Whether you photograph with a film or digital camera, composition is the visual language of photography. In this one-day class, we will explore beyond simple point and shoot, and focus on the many elements that go into creating a successful photograph. This course will touch on light, shapes, forms, lines, patterns, colors and angles and more to help you develop your “photographer’s eye.” To get the most out of this class, please bring your camera, charged battery, notepad and pen. Class limited to 10 students.

**Course # A75-14**

1 session

Saturday, November 22

9:00am-12:00pm

High School Cable Studio (Gym doors)

$25

**YOUTH - FITNESS**

**KARATE**

**Ages: 5-13**

**Master Julie Gido & Sensi Christine Howard**

Learn the art of Kempo Karate. This six-week beginners’ course will teach age-appropriate self-defense techniques, as well as important life skills, such as confidence, self-control, and patience.

The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

**Course # A16-14**

6 sessions

Fridays, October 17-November 21

4:00-4:50pm

Burke School Gym

$60

**ADVANCED KARATE**

**Ages: 5-13**

**Master Julie Gido & Sensi Christine Howard**

This course is for students who have previously taken Karate. The advanced course will focus on more difficult age-appropriate self-defense techniques, as well as important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

**Course # A17-14**

6 sessions

Fridays, October 17-November 21

4:00-4:50pm

Burke School Gym

$60

**THE IPAD - Learn the Basics**

**Eileen Kalukin**

The iPad is the coolest thing to hit the computing world in years! Do you have an iPad but don’t know how to use all the features? Are you curious about how to get the most out of it? Come to this class and we will unlock all the power and the fun of the Pad tab. Learn to navigate through the screens, settings and programs. Discover the tools that come with the iPad to manage your photos, listen to your favorite music, read the latest books and get directions anywhere. Search and download the most popular apps and learn how to keep your iPad synched and up-to-date. Students must bring their own iPad to class. Class limited to 8 students.

**Course # A72-14**

2 sessions

Tuesdays, October 14 & 21

7:00-9:00pm

High School Rm. 111-2

$45

**IPAD/PHONEx WORKSHOP**

Eileen Kalukin

Do you have questions about using your iPhone or iPad? Have you been using it but struggling with a certain topic or app? Do you wonder what the most useful and popular apps are for your Apple device? Come to this workshop to have your questions answered. Explore some of the most popular apps and learn how to get the most out of your device. Students should have a basic knowledge of using their device and must bring their own iPad/iPhone to class. Class limited to 8 students.

**Course # A73-14**

1 session

Tuesday, December 2

7:00-9:00pm

High School Rm. 111-2

$25

**The following three courses are largely funded by Medway Cable Access, Experience the new state-of-the-art Cable Studio and enjoy these new courses.**

**DIGITAL PHOTOGRAPHY MADE EASY**

**Lisa Sheehan**

Did you recently receive a fancy new camera? Is it time to learn how to take all of those buttons and dials? This course will explore some of the automatic and manual features of your digital camera. You will learn how to use these features to take photographs that you pride yourself on your family album, wall or greeting card. To get the most out of this class, please bring your camera, manual, charged battery, notepad and pen. Class limited to 10 students.

**Course # A74-14**

1 session

Saturday, November 8

9:00am-12:00pm

High School Cable Studio (Gym doors)

$25

**STAGE YOUR HOME TO SELL**

**Joleen Rose**

Back by popular demand! In the world of real estate Joleen Rose, CBRE, Realtor, feels strongly that you never get a second chance to make a first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Redesign will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, Internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

**Course # A77-14**

1 session

Tuesday, September 30

6:00-7:00pm

Veterans Memorial Bldg., Rte. 109, Millis-Rm. 204

**FREE**

**ONLINE COURSES- ED2GO***

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Visit ed2go.com/medway to view our classes.
ADULT - BUSINESS & TECHNOLOGY

HEARTSAVER PEDIATRIC FIRST AID & CPR
Jannita Allen; Century Health Systems

Does your job require certification in First Aid and CPR? This course meets the requirements of camp counselors, babysitters, and children’s sports organizations. The Heartsaver Pediatric First Aid course, taught under the guidelines of the American Heart Association, is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environment- al Emergencies, Adult CPR, and Pediatric CPR. Certification is good for two years.

Course # A22-14 1 session Monday, October 27 6:00-9:00pm Memorial School Library $85

STARTING THE COLLEGE SEARCH
Christa M. Panciocco; College Bound Consultant

Procrastination equals less financial aid. All schools are not alike, and strategies that will help you maximize your financial aid by understanding the process and how implementing strategies may be successful. Financial Aid goes to the families who plan in advance, UN -

Course # A70-14 1 session Tuesday, November 4 6:30-9:30pm High School Rm. 119-2 $40

MANAGING YOUR INCOME IN RETIREMENT
Timothy J. Moses, CFP; Financial Advisor

When you retire, will you volunteer, start a second career, travel, or spend time with your grandchildren? Once you have a goal in mind, you need a strategy to make it happen. We can help. Join us for our workshop Navigating Your Nest Adventure: Managing Your Income in Retirement. We will discuss strategies for the money you have at retirement to help you get through retirement. We will explore how to plan upfront for concerns such as inflation, health care expenses and market volatility, and how you can prepare if things do not go as expected.

Course # A71-14 1 session Thursday, November 6 6:30-8:00pm High School Rm. 119-2 FREE

HOW TO GET DEBT FREE
Tim Schnelle, CFSL; Owner of Debt Free Tonight

If you have debt payments of any kind, please attend this important class! You will be guided on how to eliminate credit card debt in one to four years, as well as your 30-year mortgage in only three to six years! All participants will learn a simple, guaranteed system to eliminate all debt based on your current income level. Please bring a calculator, a list of debts, and a list of minimum monthly payments to class. You will develop your own debt elimination plan that can be immediately implemented into your lifestyle. The course fee includes a 16-page workbook, a $10 value. An optional text is also available the night of the class for $49.

Course # A70-14 1 session Tuesday, November 4 6:30-9:30pm High School Rm. 119-2

AQUATICS AT THE FRANKLIN YMCA
YMCA Aquatics Staff

The Franklin YMCA strives to provide a fun and safe aquatic environment that fosters swimming as a life skill and part of a healthy lifestyle. Located at 45 Forge Hill Road in Franklin, the Y offers a variety of programs that allow all ages and abilities to enjoy their pools. Medway Community Education registrants receive the Program Member Fee for all swim programs without having to pay an annual fee. To view all class descriptions, dates, times, fees, and number of available openings in each swim level, please log on to the Y’s self-service portal on their website: hockeymca.org. Click on ‘Register for Program’ / check ‘On Check Out Your Programs’ / check ‘By Branch’ / select ‘Franklin’ / choose an Aquatics category. Once you have determined the class, please register through Medway Community Education – online or by mail. DO NOT register through the Y’s portal. If you do not know your child’s swim level, call 774-235-2747 to set-up a free evaluation appointment. Please remember to refer to the Program Member Fee in each swim category.

PARENT/CHILD

Shrimp/Kippa/Tuna........Ages 6-months-2 Seahorse.........Ages 2-3
Perch..................Ages 1-3 Navy.................Ages 3-5
Pike 1........Ages 3-5 Starfish........Ages 3-5
Pike 2........Ages 3-5

PRE-SCHOOL

Eel........Ages 3-5 Ray........Ages 3-5
Pike 1........Ages 3-5 Starfish........Ages 3-5
Pike 2........Ages 3-5

YOUTH AND TEEN PROGRAMS

Fish........Ages 6-12 Shark........Ages 6-12
Flying Fish........Ages 6-12 Intramural Swim........Ages 6-13
Guppy........Ages 6-12 Jr. Masters Swim........Ages 12-16
Minnow........Ages 6-12 Beginner Lessons........Ages 13+
Polliwog I........Ages 6-12 Intermediate Lessons........Ages 13+
Polliwog II........Ages 6-12 Stroke Clinic........Ages 13+

COMPETITIVE SWIMMING

Intro to Competitive Swimming Ages 8-14
Intramural Swim Teams Ages 6-12
HAY Lightning Swim Team Ages 6-18

SPECIALTY PROGRAMS

Youth/Teen Fitness Swim Ages 10-15
Homeschool Ages 6-12
Vacation SPLASH Program Ages 3-12
Vacation Stroke Clinic Ages 6-18
Special Olympic Swim Training Ages 13+
YMCA Lifeguards Ages 16+
Private Lessons Ages 3+

NEW ENGLAND BUDDY BOWL CHARITY
Moms and Dads! Bring your children, ages 9 and older, and play football for charity! Ability-bodied and challenged athletes are welcome! Buddy Bowl is a fun flag football tournament to raise money for CAP Operation Rebound and other organizations benefiting our troops and First Responders. Email Chip Fagan at cblagart@gmail.com for donation opportunities.

Go to buddybowl.org to register. SPACE IS LIMITED!

BRACKETS

Adults (17 on 7)
Elite Male & Female
Amigo Male & Female
Buddy Male & Female

Kids (5 on 5 NFL flag rules):
9-11 Co-ed
12-14 Co-ed

Medway Community Education * Fall 2014
MIDDLE/HIGH SCHOOL

MEDWAY MUSIC LESSONS
Ages: Grades 5-12
Amanda Webster

The Medway Music Department is excited to present a Private Lesson Program, which serves students in grades 5 - 12. The program runs in partnership with the Medway Public Schools’ Music Department, Medway Community Education, and the Medway Friends of Performing Arts. Currently, the program offers lessons for the traditional concert band instruments. Lessons are available at a rate of $23.00 per 30-minute lesson, $35.00 per 45-minute lesson, and $46.00 per 60-minute lesson. The private lesson program offers students an opportunity to study their instrument with a professional specialist in a one-on-one setting. This does not replace existing class group lessons and band classes, where instruction is presented by school department staff. Instead, the program offers further training in fundamentals, technique, musicianship, and solo repertoire. This type of local program also helps parents avoid transporting students to other towns for private lessons.

If you are interested in having your child participate in this program or if you have any questions regarding the program, including a payment schedule breakdown, please feel free to contact Amanda Webster, High School music teacher at (508)-533-3227 x4504 or by email at awebster@medway.k12.ma.us.

Your information is emailed directly to our music department and you will be contacted to schedule a weekly lesson time. All lessons occur Monday through Friday after school in Medway Public Schools’ music facilities. After you have filled-out the online registration, you must submit the $15 registration fee. Your registration will not be considered complete until the registration fee is received.

Please make all payments payable to Community Education and mail to Community Education, 16 Cassidy Lane, Medway. You may also pay online at: unipaygold.unibank.com.

HEARTSAVER PEDIATRIC FIRST AID & CPR
Ages: 13 & up
Juanita Allen; Century Health Systems

Does your job require certification in First Aid and CPR? This course meets the requirements of camp counselors, babysitters, and children’s sports organizations. The Heartsaver Pediatric First Aid course, taught under the guidelines of the American Heart Association, is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, and Pediatric CPR. Certification is good for two years.

Course # A22-14
1 session
Monday, October 27
6:00-9:00pm
Memorial School Library
$85

STARTING THE COLLEGE SEARCH
What Students Need to Know
Ages: Grades 10 & 11
Christa M. Panciocc; College Bound Consultant

This one-night workshop will provide high school students with valuable information on the entire college search process. A College Bound consultant will share helpful college admission information, as well as how to put together an impressive application package. So take the first step in your college search and join College Bound, a local college-consulting service, to learn how to organize your search, prepare your resume, write application essays, obtain the best recommendations, and much more. High school juniors are encouraged to attend this workshop.

Parents - please refer to course A68-14 for course information regarding the college search process for you!

Course # A53-14
1 session
Monday, October 27
7:00-9:00pm
High School Rm. 113-2
$25

MEDICATION AND ONEENESS BLESSING
Ages: 13 & up
Cathy Mann

Join us for a relaxing and inspiring class of meditation, breath work and healing energy. You will enjoy simple techniques to reduce stress and improve focus. All are welcome.

Course # A53-14
4 sessions
Sundays, September 28-October 19
4:00-5:00pm
Yoga Studio, Suite 111, 840 Main Street, Millis
$45

HOLIDAY BOXWOOD TREE
New
Medway Garden Center Staff

Have you always admired beautiful boxwood trees every holiday season? Here is your chance to learn how to decorate your home or to give as a special gift. Your boxwood tree will be decorated with glass balls, pinecones, berries, ribbons, and more. Come with a friend and celebrate the holidays creating this special handmade decoration that will last throughout the season. All supplies are included.

Course # A64-14
1 session
Thursday, November 20
7:00-9:00pm
Medway Garden Center, 38 Summer Street, Rte. 126
$50

WREATH 101: DIY NATURAL DÉCOR
New
Jeanne Raffa

Beautiful holiday wreaths are easy to create, and you will learn how it is possible to design a lovely wreath for your home or as a gift without having to pay high prices at garden or craft stores. We will use local and natural materials in our creations. Once you learn how to “do it yourself”, you will never pay full price again! Proceeds benefit the Medway Community Farm. Instructor Jeanne Raffa is President of the Medway Community Farm’s board and a DIYer on the side.

Course # A65-14
1 session
Monday, December 1
7:00-9:00pm
MCF Farmhouse, 50 Winthrop Street
$25

COLD PROCESS SOAP MAKING
New
Ann Fisher; Molly’s Apothecary

Join us in this exciting new class to learn how to make soap from scratch, using organic ingredients, essential oils, perfume and cosmetic grade fragrances, botanicals and other wonderful ingredients! All participants will make their own log of soap. The soap needs to stay in the studio overnight and may be picked-up the next day. Please wear old clothes as we are working with colors, oils and fragrances. Minimum age requirement is 16, accompanied by a parent or guardian; otherwise 18 and older.

Course # A66-14
1 session
Thursday, November 20
6:30-9:30pm
Medway Mills, 163 Main Street, Rte. 109
$70

LADIES NIGHT OUT
Ann Fisher; Molly’s Apothecary

Join Ann Fisher, head teacher and owner of Molly’s Apothecary in Medway, for a fun evening of making natural body products. We will make a fun Melt and Pour “glycerin” soap project, a luxurious lotion, and a decadent sugar scrub, using natural ingredients, botanicals, essential oils and perfume grade fragrances. All participants will take home lovely handmade products at the end of the evening. This class is always fun in groups, so bring a friend!

Course # A67-14
1 session
Thursday, December 4
7:00-9:30pm
Medway Mills, 163 Main Street, Rte. 109
$40
THANKSGIVING PIE & WINE TASTING  NEW
Mark C. Lenzi, CSW, CSS, CWAS
Please join us for a pie and wine-pairing event. Thanksgiving is all about family, food and wine. At this tasting event, we will match pies with wines. Wine works best with apple pie, pumpkin pie or pecan pie? Class is limited to 25; we strongly encourage early registration. Attendees must be 21 years of age at attend.
Course # A59-14  1 session
Thursday, November 20  7:00-9:00pm
Franklin Liquors, 363 East Central Street, Franklin  $20
HOLIDAY DESSERT & WINE TASTING  NEW
Mark C. Lenzi, CSW, CSS, CWAS
Please join us for a dessert and wine-pairing event. The holidays are filled with all kinds of sweets, such as cookies, chocolates and many other desserts! We will discuss which wines to pair with which sweet. Class is limited to 25; we strongly encourage early registration. Attendees must be 21 years of age.
Course # A60-14  1 session
Tuesday, December 9  7:00-9:00pm
Franklin Liquors, 363 East Central Street, Franklin  $20

BEER BREWING BASICS
Barleycorn’s Craft Brew
Have you ever wanted to make your own beer? Here is your chance to learn how to brew craft beer at Barleycorn’s Craft Brew in Natick in just two fun and informative evenings. In the first session, you will learn about beer styles, the ingredients that are used to make beer, and the process of brewing. Malt grains, extract, hops, and yeast will be measured and added to steam-fired copper kettles to cook the beer. Return to bottle the beer in three weeks after the fermentation is completed. Your reward at the end of the class is a newfound knowledge of beer brewing and, equally important, a case of beer you made! Your custom designed label can be added to personalize your brew. You are responsible for supplying your own bottles. You may purchase empty bottles from Barleycorn’s for $12 a case. This class is a perfect holiday gift all the craft beer lovers on your shopping list! Must be 21 years of age to participate.
Barleycorn.com
Course # A61-14  2 sessions
Fridays, November 21 & December 12  5:30-7:30pm  $45
21 Summer Street, Natick

JUICING VERSUS SMOOTHIES  NEW
Veronica Boske, LCSW, HC
Which method is better and what IS the difference? In this new workshop, you will receive awesome new recipes, learn the different benefits each offers, try tasty samples, and acquire the best tips and tricks when adding nutritious fruits and vegetables to your daily routine. These smoothies pack a super-nutrient punch that you will love! We will also discuss which foods provide the best energy for that mid-afternoon slump. You will learn the three basic principles to increase your energy and vitality without reaching for that afternoon coffee. Juicing is a powerful way to integrate organic produce, chia, flax and a little love into your daily routine - your body will thank you for attending this class. There will be time for questions at the end of the workshop. Juicing and smoothie recipe e-books are included.
Course # A62-14  1 session
Tuesday, October 28  7:00-9:00pm
Memorial School Teachers Room  $25

BALANCE YOUR IMMUNITY  NEW
Veronica Boske, LCSW, HC
Are you sick and tired of being sick and tired? Do you get colds or get sick with every change of season? Balancing our immune system plays a vital role in our bodies’ ability to ward-off chronic disease, the common cold and general fatigue. This workshop delivers easy-to-use health strategies that enhance the body’s immune function. The instructor will share the most influential immune boosters in the form of lifestyle upgrades, super foods, oils and homeopathy. In addition to immune boosters, you will learn what dietary and lifestyle choices depress your immune system, making you susceptible to more than just the common cold! The ABC’s of homeopathy will also be discussed as you gain basic understanding of how to help people with Lyme disease, influenza, flu, bronchitis, concussion, food poisoning, poison ivy, scratches, stings, fevers, colds and headaches using natural remedies that have no side effects. Boost your immune system for a vibrant and healthier YOU all year long.
Course # A63-14  1 session
Tuesday, December 2  7:00-9:00pm
Memorial School Teachers Room  $20

REVOLUTION PREP
Middle and High School Students
Revolution Prep is a College Readiness Company that has been helping students improve their grades and increase standardized test scores for over 10 years. They provide personalized academic and test preparation tutoring services for middle and high school students. Revolution Prep offers a variety of programs to help students achieve their academic goals. Medway families can work with Amanda Bruneau to build a customized plan and find the best tutor or program for their child’s learning style, interests, and goals. Please contact Amanda at 617-640-6744 or amanda.bruneau@revolutionprep.com to see if Revolution Prep has a program that would fit your child’s academic needs, as well as preparing for the SAT & ACT.

Revolution Prep’s Programs:
On-campus course at Medway High School:
Fridays, November 8th SAT – Practice Exams begin Saturday, September 27, from 9am-1pm and Classroom Sessions begin Wednesday, October 1, from 6-9pm.
$599 SAT Group Class  $699 Hybrid Course - class plus 4 hours of private tutoring
Medway High School Rm. 111-1

SAT/ACT/PSAT/Academic Private Tutoring:
Our private tutoring program matches one of our exceptional tutors to each student based on his or her learning style, academic strengths and weaknesses, and personality. This process ensures that each student gets the most out of these one-on-one tutoring sessions. Tutoring programs are flexible and we guarantee our tutor match!

SAT/ACT small group live online courses:
Offer options to fit the needs of any student, anywhere. Delivered via our online platform with face to face instruction, these courses are accessible from anywhere with an internet connection, and the scheduling flexibility makes them the perfect option for busy students.
$599 SAT/ACT Small Group Course  $699 Hybrid Course - class plus 4 hours of private tutoring

We encourage you to reach out to Amanda Bruneau, liaison to Medway Community Education, directly at 617-640-6744 or Amanda.bruneau@revolutionprep.com to discuss a specific program for your child. You can also go directly to Revolution Prep’s website, www.revolutionprep.com or call 1-877-738-7737.

DRIVER TRAINING CENTER
Ages: 15 yrs & up
Program Information:
The Driver Training Center (DTC) of Norwood has been in business for over 25 years, offers the lowest local price and best service, and is the only local Four Star (highest rated) licensed driving school by the FDEA (Professional Driver Education Association). DTC also offers the required two-hour parent program. All students will begin road lessons within two weeks of completion and will have the same instructor for all driving times. DTC offers personalized instruction for each student to best meet his/her needs. Road test sponsorship is available during the Registry of Motor Vehicle’s best-scheduling times. DTC accepts MasterCard and Visa.

Program Overview:
• 12 hours behind-the-wheel training
• 4 hours driver observation
• 30 hours of classroom instruction
To register for driving time and parent class, call 508-528-9510, M-F, 2-5pm

Payment Schedule:
• $169 - Classroom Sessions - payable to Medway Community Education
• $295 - Payment 1 of driving time - payable to DTC before 4th classroom session
• $295 - Payment 2 of driving time - payable to DTC when scheduling driving time

Course # A24-14  $169
Friday, December 26; Saturday, December 27; Monday, December 29; Tuesday, December 30; Wednesday, December 31
9:00am-3:30pm
High School Rm. 113-2
**ADULT - FITNESS**

**CARDIO, MUSCLE CONDITIONING & STRENGTH TRAINING**
Patrice Dywer

Get ready for the next phase of the fitness revolution! This exciting fitness program challenges every major muscle group and enhances overall athletic performance, with exercises similar to the popular fitness series P90X. Both Monday and Wednesday classes start with a cardio segment followed with muscle conditioning and finish with a relaxing stretch and brief meditation phase. The Wednesday class also includes a circuit-training portion, focusing on exercises similar to the P90X program. Modifications are shown for different fitness levels. Join us and take your fitness to the next stage! Please bring hand held weights, a mat, and a water bottle.

Course # A25-14  16 sessions
Mondays & Wednesdays, October 6-December 3  6:30-7:30pm
(No class October 13 & November 26)  $75
McGovern School Gym

**MOVEMENT TO MELODY**
Melanie Greeley; ACE Certified Personal Trainer

Join us in this high-energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength-training exercises will change each week so you will never feel bored. Please bring a yoga mat to class.

Course # A26-14  16 sessions
Monday, Tuesdays, October 6-December 4  7:00-8:00pm
(No class October 13 & November 27)  $100
Burke School Gym

**ZUMBA GOLD TONING©**
Paula O'Malley

Zumba Gold Toning is a combination of cardio and resistance exercises using dance-fitness and lightweight training for the active older adult as well as beginners. Through modified dynamic light weight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, and decrease body fat and improve mobility, posture, coordination and cognition; all this is being done in the same fun party atmosphere as the Zumba Gold classes. Zumba Toning sticks or one pound hand weights may be used. Just a note - hand weights should never be shaken as there is no give and may cause injury. Toning sticks provide a mild resistance which helps train the participants and may be purchased to accompany the rhythms of the music and may be purchased.

Course # A27-14  8 sessions
Tuesday, October 7-December 2  7:00-8:00pm
(No class November 11)  $70
Burke School Gym

**AN AUTUMN BOUNTY DINNER at Chiara’s**
Steve LaCount; Owner and Head Chef

Join Steve LaCount this fall for a cooking experience like no other. After discussing food preferences and any dietary concerns, the Chef and participants will assemble the menu together. Whether celebrating a special occasion or simply gathering with friends or associates, everyone will experience an afternoon of learning, gourmet cuisine and wine, with personalized menus to take home as a memento.

**FEATURED MENU**

- Hand Crafted Pumpkin-Ricotta Gnudi
- Orange Soaked Dates, Candied Pearl Onions, Toasted Pepitas and Truffle Honey
- Cinnamon-Clove Spiced Duck Breast
- Cranberry–Port Wine Gastrique
- Wild Rice Puff Pastry
- Brown Butter Baby Brussels Sprouts
- Apple-Frangipane Tart
- Maple Crème Anglaise, Candied Walnuts

Course # A54-14  1 session
Sunday, October 19  11:00am-1:00pm
Chiara’s Restaurant, 508 High Street, Westwood  $100

**MAKE YOUR OWN WINE**
Bob Vozzella, LCWS

Have you ever thought of becoming a winemaker? Do you recall childhood memories of clone relatives making wine? Join us at the La Cantine Wine School for four sessions where you will be guided throughout the entire winemaking process. You will have input on all decisions regarding fermentation, aging and bottling. With guidance from an experienced winemaker, you will create the ultimate wine that fits your palate, your budget, and your personality. Each person will take home two cases of wine. Labels may be designed and printed for an additional fee. Simply stepping through the doors of La Cantine Wine School will feel like you have been whisked-away to an Italian winery. Please visit their website at lacantinawineschool.com to read more.

Session 1: Crush at grape arrival - Saturday, September 27, 12:00-2:00pm
Session 2: Press - Saturday, October 11, 12:00-2:00pm
Session 3: Rack into barrel - Saturday, November 15, 12:00-1:00pm
Session 4: Bottling - Saturday, September 26, 2015, 12:00-1:00pm

Course # A57-14  4 sessions
355 Union Street, Franklin  $200
INTRO TO DRAWING
Jeffrey Ellse
Gain an intimate understanding of how to conceptualize and construct a drawing. We will explore concepts and techniques such as structure, proportion, negative shape, mark making, blind contour and relative measuring. The class will use a variety of materials including, but not limited to, graphite, charcoal, ink pens, ink wash and chalk. A supply list will be emailed to students after they sign up. All participants will receive an email with a list of materials needed for this class, approximately $20 in value.
Course # A46-14
Thursdays, October 16-November 20
High School Rm. 020-3 (Lower level)
$70

GUITAR 101
Dale Freeman
Did you ever want to play the guitar, but have little or no experience? Do you have an acoustic guitar gathering dust in the closet and it keeps calling to you? If so, this is the class for you! Basics to be covered - learning the parts of the guitar, names of strings, using a pick, tuning the guitar, daily finger exercises, learning the rudiments of reading music, and how to figure out and play those confusing chord diagrams. By the end of the class, students will be able to sight-read melodies and strum chords of some basic folk songs. Guitar book and supplemental material will be provided. Please bring your own acoustic guitar.
Course # A47-14
Thursdays, October 16-November 20
High School Rm.138-3 (Gym doors)
6 sessions
6:30-7:30pm
$70

UKULELE 101
Dale Freeman
The Ukulele is a cheerful, fun instrument to play! This class gives players a solid foundation on the ukule, from how to hold and strum, to tuning, to basic chords and songs to play. You will be playing songs after the first class! Please bring a ukulele to class. No musical experience necessary. A Ukulele book and supplemental material will be provided. Please register quickly due to limited class size.
Course # A48-14
Thursdays, October 16-November 20
High School Rm.138-3 (Gym doors)
6 sessions
7:45-8:45pm
$70

GUITAR 102
Dale Freeman
Do you feel confident with your basic level of chord strumming and note reading? GUITAR CLASS 102 will continue where GUITAR CLASS 101 left off. Emphasis will be put on sight-reading of intermediate-level music, increasing depth of chord knowledge, and developing various strumming techniques. Part of the 6 week session will include working in pairs on duets - sharing chord and melody parts, examining those difficult (all finger) “barre” chords, and exploring some basic blues chord sequences. Tuition includes use of GUITAR CLASS 101 book. Guitar book and supplemental material will be provided to new students. Please bring an acoustic guitar.
Course # A49-14
Wednesdays, October 15-November 19
High School Rm.138-3 (Gym doors)
6 sessions
6:30-7:30pm
$70

UKULELE 102
Dale Freeman
Bring along your Ukulele to continue the fun and elevate your basic Uke skills! This class, a continuation of Ukulele 101, will introduce more melodies, and many more chords - some quite challenging! Class will cover topics as different rhythms and strums, more sight-reading in keys of G, C, and D major, and playing duets. The main emphasis over the 6 week session will be on developing a greater vocabulary of chords and in order to play intermediate-level songs. The second half of the book from Ukulele 101 will be used, and supplemental material will be provided. Please register quickly due to limited class size. Ukulele book and supplemental material will be provided to new students. Please bring your own Ukulele to class.
Course # A50-14
Wednesdays, October 15-November 19
High School Rm.138-3 (Gym doors)
6 sessions
7:45-8:45pm
$70

REIKI I
Jill Barrett
Reiki is an ancient Japanese healing system that is used to promote healing, reduce stress and increase relaxation. Reiki uses the laying on of hands and is simple, and natural and safe. By the end of the class you will know how to use Reiki on yourself, your family, your pets and even your plants! This class will cover the following:
* What is Reiki?
* What is it and how does it work?
* Introduction of our seven major chakras, or energy centers
* How to properly the attachment to "turn on" Reiki in each student
* The hand positions for self-healing
* The hand positions for healing others
Course # A51-14
Thursdays, October 16 & 23
Medway Senior Center
2 sessions
7:00-9:00pm
$80

REIKI II
Jill Barrett
Reiki is an ancient Japanese healing system that is used to promote healing, reduce stress and increase relaxation. Level II is considered the Practitioner level and is great for anyone who works hands-on with people, such as nurses, chiropractors and massage therapists. This class will cover the following:
* Techniques for working with clients on a massage table
* Three Reiki symbols and techniques for long-distance healing
Course # A52-14
Thursdays, November 6 & 13
Medway Senior Center
2 sessions
7:00-9:00pm
$100

MEDITATION AND ONENESS Blessing
Cathy Mann
Join us for a relaxing, inspiring class of meditation, breath work and healing energy. Simple techniques to reduce stress and improve focus. All are welcome.
Course # A53-14
Sundays, September 28-October 19
Yoga Studio, Suite 111, 840 Main Street, Millis
4 sessions
4:00-5:00pm
$45

CO-ED VOLLEYBALL
Jason Hebel & Mike Bradford
Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! All participants must pre-register before the first session.
Course # A32-14
Wednesdays, October 1-December 11
No class November 26
Middle School Old Gym
10 sessions
7:00-9:00pm
$65

UKULELE 102
Dale Freeman
JOIN US at 6:30 pm for an introduction to the Ukulele in preparation for our second class. We will have a hands-on session using our books and supplemental materials. The class is designed for beginners, so bring your ukulele and we will get started! Materials and supplemental material will be provided. No prior experience necessary. Please bring your own ukulele.
Course # A54-14
Wednesdays, October 15-November 19
High School Rm.138-3 (Gym doors)
6 sessions
7:45-8:45pm
$70

INTERMEDIATE CO-ED VOLLEYBALL
Wally Wenzel & Bob Hudon
Have you ever wanted to get back into the competitive game of volleyball? Here’s your chance! This class is for those who have had experience and have a good basic knowledge of the game. Play on a full court using USVBA rules. Tryouts are on the first night. We offer this class on two nights. You may sign-up for one night or two nights at a 10% discount for two nights. All participants must pre-register before the first session.
Course # A33-14
Monday, September 29-December 15
No class October 13 & November 3
Middle School Old Gym
10 sessions
7:00-9:30pm
$65/one night or $120/two nights

MEN’S SUNDAY MORNING BASKETBALL
Bill Gross
Come and get an early start to your day, as well as some great exercise, in this informal basketball program specifically for men 30 years and older. You will have the opportunity to “compete” in many games during the two-hour session. Bring water, a towel, and a light and dark shirt. All participants must pre-register before the first session. Limit 20 participants.
Course # A26-14
Sundays, September 28-December 14
Middle School Anderson Gym
12 sessions
7:00-9:00am
$80

LADIES LIGHT HIKING
Nanci Cahalane
Add dimensions to your walking or jogging - do you like the idea of hiking but don’t want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace - we’ll be looking for hills! If conditions are icy “ice cleats” on shoes are strongly recommended. (They are available to purchase at several locations including “Bass Pro Shop”, “L.L. Bean”, and “Walmart”). We meet at various locations in neighboring towns. First meeting location will be at “F. Gilbert State Forest”.
From Norfolk center, follow Rte. 115 south towards Foxboro. Cross over Rte. 14 at light and turn left onto Pine Street. At light, turn right onto Rte. 1 for 1.5 miles. At light, turn left onto Thurston Street for 1.5 miles. Turn left (after passing Normandy Farms) onto Mill Street for 9/10 of a mile and park on the left behind building.

SESSION 1
Course # A27-14
Thursdays, September 18-October 23
OR
Saturdays, September 6-October 18
(No class September 27)
6 sessions
9:45-11:00am
9:45-11:00am

SESSION 2
Course # A34-14
Mondays, October 13-December 11
(No class November 27)
OR
Saturdays, November 1-December 13
(No class November 29)
6 sessions
9:45-11:00am
9:45-11:00am

MEN’S TUESDAY NIGHT BASKETBALL
Adam Quimby
Have you had experience playing basketball? Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! All participants must pre-register before the first session. Limit 20 participants.
Course # A35-14
Tuesdays, September 29-November 10
No class November 17
Middle School Old Gym
10 sessions
7:00-9:30pm
$65

F. Gilbert State Forest, Foxboro
$25
YOUR FIRST 5K
Nanci Cahalan; MIAA Certified Coach

Here is your chance to do something you may only have dreamed about. If you have ever thought about becoming a runner or to start running after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from your desk and ready to run a 5K (3.1 miles). In this program, catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week, and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition. Please bring a water bottle.

Course # A39-14
10 sessions
Tuesdays, September 23- November 25
9:15-10:15am
Pond Street Recreation Complex, Rte. 115, Norfolk
$75

NEW ENGLAND BUDDY BOWL CHARITY
Flag Football Tournament
Moms and Dads! Bring your children, ages 9 and older, and play football for charity! Able-bodied and challenged athletes are welcome! Buddy Bowl is a fun flag football tournament to raise money for CAF Operation Rebound and other organizations benefitting disabled Veterans and First Responders. Email Chip Fagan at cbfagan7@gmail.com for donation opportunities.

WATER FITNESS PROGRAMS at the FRANKLIN YMCA
YMCA Aquatics Staff

The Franklin Y strives to provide a fun and safe aquatic environment that fosters swimming as part of a healthy lifestyle. Located at 45 Forge Hill Road in Franklin, the Y offers a variety of fitness programs that allow all ages and abilities to enjoy the pools. All participants pay $5 per WATER FITNESS class. Please register and pay for the number of classes you plan on attending, then contact the Community Education office to arrange to a time to pick up your “Water Passes” to pass. You may attend ANY of the programs/days/times noted below. There is NO deadline for registration and passes do not expire.

AQUA ZUMBA
This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.
*
Mondays 7:30-8:15pm
*Wednesdays 12:00-12:45pm
*Fridays 11:00-11:45am

AQUA AEROBICS
This water workout is as intense as you make it. It includes stretching, cardiovascular activity and muscle conditioning.

Great for all of those fitness abilities:
*Mondays, Wednesdays, Fridays 8:00-8:45am
*Mondays 11:00-11:45am
*Fridays, Thursdays 7:45-8:30pm
*Saturdays 8:00-8:45am

AIVAP
Arthritis Foundation’s YMCA Aquatic Program provides soothing exercises in shallow water, specifically designed for people with arthritis.

*Tuesdays, Thursdays 8:30-9:15am
*Wednesdays 11:00-11:45am

Course # AY-14
45 Forge Hill Road, Franklin
$5/class

PAINT AND SIP
Noelle Fiori

Grab a couple of friends and join us at one of Medway’s most popular restaurants for an exciting painting workshop! All participants are instructed from start to finish in the recreation of a fall/winter landscape. A different painting will be featured each session. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included.

Restaurant 45 is opening their menu for us to enjoy appetizers and/or dinner and drinks before or during class.

Course # A40-14
1 session
Monday, October 20
7:00-9:00pm

Course # A41-14
1 session
Monday, November 17
7:00-9:00pm

Course # A42-14
1 session
Monday, December 8
7:00-9:00pm

Restaurant 45, 45 Milford Street, Rte. 109
$40/session

IT’S NOT ABOUT THE CAMERA 2
Beyond the Basics of Digital Photography
Lisa Sheehan

This workshop is designed for those who have taken “It’s Not About the Camera 1: Capturing Better Photos”, or for the photographer that understands the basic dihals and menus of their camera and wants to utilize their digital camera to its fullest potential. In this two-week workshop we will review some of the basics of camera features and digital exposure and then explore in greater depth some more advanced techniques and tips for capturing great images. Some of the topics covered will be:

* Working with the light you have: techniques and tips for capturing photos using window light, lamp light, mid-day sunlight, overcast light, shade, and other every day lighting situations.
* Photographing your favorite subjects: making the right choices for what you love to photograph – people, pets, landscapes, and architecture.
* Creative use of aperture and shutter speed: exploring when and why you want to control depth of field and motion.
* Camera metering: understanding how your camera reads the light and learning to control how light or dark your images are.
* Making the most of your lenses: experimenting with wide angles and telephotos and understanding their strengths and limitations.

Each session will include a participant image share, in class exercises, handout materials and homework assignments. A private, password protected online group will be utilized to share images, provide feedback and address questions in between each session. Participants should bring their camera and camera manual to every session.

Course # A44-14
6 sessions
Tuesdays, October 21-December 2
7:00-9:00pm
(No class November 11)
$80
High School Cable Studio (Gym doors)

IPHOTOGRAPHY
Lisa Sheehan

There is a saying that “the best camera you have is the one that is with you”. This short workshop is designed to make the most of your iPhone camera. No more fuzzy, dark or blurry pictures!! In this workshop we will explore:

* The basics of your iPhone camera - advantages & limitations
* Some of the best photography apps on the market
* Some of the most effective shooting tips and techniques

This workshop is designed for all ability levels of iPhone users. Sessions will include in class exercises, handout materials and homework assignments. A private, password protected online group will be utilized to share images, provide feedback and address questions in between each session. Participants should bring their iPhone and charger to each session.

Course # A45-14
2 sessions
Mondays, December 1 & 8
7:00-9:00pm
High School Cable Studio (Gym doors)
$30

Medwayce.org Medway Community Education * Fall 2014
YOUR FIRST 5K
Nanci Cahalane; MIAA Certified Coach

Here is your chance to do something you may only have dreamed about. If you have ever thought about becoming a runner or to start running after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from your desk and ready to run a 5k (3.1 miles). In this program, catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week, and you will be given specific instructions for running other days of the week on your own. Workouts will be follow with stretching and advice about running and nutrition. Please bring a water bottle.

Course # A39-14
10 sessions
Tuesdays, September 23-November 25
9:15-10:15am
Pond Street Recreation Complex, Rte. 115, Norfolk
$75

NEW ENGLAND BUDDY BOWL CHA RITY
Flag Football Tournament
Moms and Dads! Bring your children, ages 9 and older, and play football for charity! Able-bodied and challenged athletes are welcome! Buddy Bowl is a fun flag football tournament to raise money forCAF Operation Rebound and other organizations benefiting disabled Veterans and First Responders. Email Chip Fagan at cfbagian7@gmail.com for donation opportunities.

Go to buddybowl.org to register. SPACE IS LIMITED!

WATER FITNESS PROGRAMS at the
FRANKLIN YMCA

Aquafit
This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.
*Mondays 7:30-8:15pm
*Wednesdays 7:30-8:15am

Aquarobics
This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning. Great for those of all fitness abilities
*Mondays, Wednesdays, Fridays 8:00-8:45am
*Tuesdays 11:00-11:45am
*Thursdays 7:45-8:30pm
*Saturdays 8:00-8:45am

Aqua Zumba
This upbeat, high energy aerobics class is a fun and creative workout that combines Zumba dance moves with water. Great for those of all fitness abilities
*Mondays 7:30-8:15am
*Wednesdays, Thursdays 7:45-8:20am
*Thursdays 11:00-11:45am

Aqua Aerobics
This water workout is as intense as you make it. Class includes stretching, cardiovascular and muscle conditioning. Great for those of all fitness abilities
*Mondays, Wednesdays, Fridays 8:00-8:45am
*Tuesdays 11:00-11:45am
*Thursdays 7:45-8:30pm
*Saturdays 8:00-8:45am

AFYAP
Arthritis Foundation’s YMCA Aquatic Program provides soothing exercises in shallow water, specifically designed for people with arthritis.
*Tuesdays, Thursdays 8:30-9:15am
*Wednesdays 11:00-11:45am

Course # AY-14
45 Forge Hill Road, Franklin
$5/class

PAINT AND SIP
Noelle Fiori

Grab a couple of friends and join us at one of Medway’s most popular restaurants for an exciting painting workshop! All participants are instructed from start to finish in the recreation of a fall/winter landscape. A different painting will be featured each session. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included.

Restaurant 45 is opening their menu for us to enjoy appetizers and/or dinner and drinks before or during class.

Course # A40-14
1 session
Monday, October 20
7:00-9:00pm

Course # A41-14
1 session
Monday, November 17
7:00-9:00pm

Course # A42-14
1 session
Monday, December 8
7:00-9:00pm

Restaurant 45, 45 Milford Street, Rte. 109
$40/session

IT’S NOT ABOUT THE CAMERA 2
Beyond the Basics of Digital Photography
Lisa Sheehan

This workshop is designed for those who have taken “It’s Not About the Camera: Capturing Better Photos”, or for the photographer that understands the basic dials and menus of their camera and wants to utilize their digital camera to its fullest potential. This six-week workshop will review some of the basics of camera features and digital exposure and then explore in greater depth some more advanced techniques and tips for capturing great images. Some of the topics covered will be:

*Working with the light you have: techniques and tips for capturing photos using window light, lamp light, mid-day sunlight, overcast light, shade, and other every day lighting situations.
*Photographing your favorite subjects: making the right choices for what you love to photograph – people, pets, landscapes, and architecture.
*Creative use of aperture and shutter speed: exploring when and why you want to control depth of field and motion.
*Camera metering: understanding how your camera reads the light and learning to control how light or dark your images are.
*Making the most of your lenses: experimenting with wide angles and telephotos and understanding their strengths and limitations.

Each session will include a participant image share, in class exercises, handout materials and homework assignments. A private, password protected online group will be utilized to share images, provide feedback and address questions in between each session. Participants should bring their camera and camera manual to every session.

Course # A44-14
6 sessions
Tuesdays, October 21-December 2
7:00-9:00pm
(No class November 11)
High School Cable Studio (Gym doors)
$80

PHOTOGRAPHY
Lisa Sheehan

There is a saying that “the best camera you have is the one that is with you”. This short workshop is designed to make the most of your iPhone camera. No more fuzzy, dark or blurry pictures!! In this workshop we will explore in greater depth some more advanced techniques and tips for capturing great images.

This workshop is designed for all ability levels of iPhone users.
Sessions will include in class exercises, handout materials and homework assignments. A private, password protected online group will be utilized to share images, provide feedback and address questions in between each session. Participants should bring their iPhone and charger to each session.

Course # A45-14
2 sessions
Mondays, December 1 & 8
7:00-9:00pm
High School Cable Studio (Gym doors)
$30

Medway Community Education  *  Fall 2014
INTRO TO DRAWING
Jeffrey Ellis
Gain an intimate understanding of how to conceptualize and construct a drawing. We will explore concepts and techniques such as proportion, structure, negative space, mark making, blind contour and relative measuring. The class will use a variety of materials including, but not limited to, graphite, charcoal, ink pens, ink wash and chalk. A supply list will be emailed to students after they sign up. All participants will receive an email with a list of materials needed for this class, approximately $20 in total.

Course # A46-14
Thursdays, October 16-November 20
6 sessions
7:00-9:00pm
High School Rm. 020-3 (Lower level)

$60

GUITAR 101
Dale Freeman
Did you ever want to play the guitar, but have little or no experience? Do you have an acoustic guitar gathering dust in the closet and it keeps calling to you? If so, this is the class for you! Basics to be covered - learning the parts of the guitar, names of strings, using a pick, tuning the guitar, daily finger exercises, learning the rudiments of reading music, and how to figure out and play those confusing chord diagrams. By the end of the class, students will be able to sight-read melodies and strum chords of some basic folk songs. Guitar book and supplemental material will be provided. Please bring your own acoustic guitar.

Course # A47-14
Thursdays, October 16-November 20
6 sessions
6:30-7:30pm
High School Rm.138-3 (Gym doors)
$70

GUITAR 102
Dale Freeman
Bring along your Ukulele to continue the fun and elevate your basic Uke skills! This class, a continuation of Ukulele 101, will introduce more melodies, and many more chords - some quite challenging! Class will cover topics as different rhythms and strums, more sight-reading in keys of C, G, and D major, and playing duets. The main emphasis will be put on developing a greater vocabulary of chords and in order to play intermediate-level songs. The second half of the book from Ukulele 101 will be used, and supplemental material will be provided. Please register quickly due to limited class size. Ukulele book and supplemental material will be provided to new students. Please bring your own Ukulele to class.

Course # A50-14
Wednesdays, October 15-November 19
7:45-8:45pm
High School Rm.136-3 (Gym doors)
$70

REIKI I
Jill Barrett
Reiki is an ancient Japanese healing system that is used to promote healing, reduce stress and increase relaxation. Reiki uses the laying on of hands and is simple, natural and safe. By the end of the class you will know how to use Reiki on yourself, your family, your pets and even your plants! This class will cover the following:
* What is Reiki?
* What does it do and how does it work?
* Introduction of our seven major chakras, or energy centers
* How to perform the attunement to “turn on” Reiki in each student
* The hand positions for self-healing
* The hand positions for healing others

Course # A51-14
Thursdays, October 16 & 23
7:00-9:00pm
Medway Senior Center
$80

REIKI II
Jill Barrett
NEW
Reiki is an ancient Japanese healing system that is used to promote healing, reduce stress and increase relaxation. Level II is considered the Practitioner level and is great for anyone who works hands-on with people, such as nurses, chiropractors and massage therapists. This class will cover the following:
* Techniques for working with clients on a massage table
* Three Reiki symbols and techniques for long-distance healing

Course # A52-14
Thursdays, November 6 & 13
7:00-9:00pm
Medway Senior Center
$110

MEDITATION AND ONENESS BLESSING
Cathy Mann
Join us for a relaxing, inspiring class of meditation, breath work and healing energy. Simple techniques to reduce stress and improve focus. All are welcome.

Course # A53-14
Sundays, September 28-October 19
4:00-5:00pm
Yoga Studio, Suite 111, 840 Main Street, Millis
$45

CO-ED VOLLEYBALL
Jason Hebele & Mike Bradford
Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! All participants must pre-register before the first session.

Course # A32-14
Wednesdays, October 1-December 10
7:00-9:00pm
Middle School Old Gym
$65

INTERMEDIATE CO-ED VOLLEYBALL
Wally Wenzel & Bob Hudon
Have you ever wanted to get into the competitive game of volleyball? Here’s your chance! This class is for those who have had experience and have a good basic knowledge of the game. Play on a full court using USVBA rules. Tryouts are on the first night. We offer this class on two nights. You may sign up for one night or two; each night has a discount for two nights. All participants must pre-register before the first session.

Course # A33-14
Mondays, September 29-December 15
7:00-9:30pm
Middle School Old Gym
$65/one night or $120/two nights

MEN’S TUESDAY NIGHT BASKETBALL
Adam Quinty
If you love to play the game of basketball and want to get some exercise, join us and play in this non-competitive setting. You will have the opportunity to play in many games during this 2½ hour program. Bring water, a towel, and a light and dark shirt. All participants must pre-register before the first session. Limit 20 participants.

Course # A35-14
Tuesdays, September 30-November 1
7:00-9:30pm
Middle School Old Gym
$65

MEN’S SUNDAY MORNING BASKETBALL
Bill Gross
Come and get an early start to your day, as well as some great exercise, in this informal basketball program specifically for men 30 years and older. You will have the opportunity to “compete” in many games during the two-hour session. Bring water, a towel, and a light and dark shirt. All participants must pre-register before the first session. Limit 20 participants.

Course # A26-14
Sundays, September 28-December 14
7:00-9:00am
Middle School Anderson Gym
$80

LADIES LIGHT HIKING
Nanci Cahalane
Add dimensions to your walking or jogging - do you like the idea of hiking but don’t want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace - we’ll be looking for hills! If conditions are icy “ice cleats” on shoes are strongly recommended. (They are available to purchase at several locations including “Bass Pro Shop”, “L.L. Bean”, and “Walmart”). We meet at various locations in neighboring towns. First meeting location will be at “F. Gilbert State Forest”.

From Norfolk center, follow Rte. 115 south towards Foxboro. Cross over Rte. 14 at light and turn left onto Pine Street. At light, turn right onto Rte. 1 for 1.5 miles. At light, turn left onto Thornton Street for 1.3 miles. Turn left (after passing Normandy Farms) onto Mill Street for 910 of a mile and park on the left behind building.

SESSION 1
Course # A37-14
Thursdays, September 18-October 23
6 sessions
9:45-11:00am
OR
Saturdays, September 6-October 8
9:45-11:00am

No class October 16 & November 3

SESSION 2
Course # A38-14
Thursdays, October 13-December 16
6 sessions
9:45-11:00am
OR
Saturdays, November 1-December 13
9:45-11:00am

No class October 16 & November 3

F. Gilbert State Forest, Foxboro
$25
AN AUTUMN BOUNTY DINNER at Chiara’s
Steve LaCount; Owner and Head Chef

Join Steve LaCount this fall for a cooking experience like no other. After discussing food preferences and any dietary concerns, the Chef and participants will assemble the menu together. Whether celebrating a special occasion or simply gathering with friends or associates, everyone will experience an afternoon of learning, good food, and wine, with personalized menus to take home as a memento.

FEATURED MENU:
- Hand Crafted Pumpkin–Ricotta Gnocchi
- Orange Soaked Dates, Candied Pearl Onions, Toasted Pepitas and Truffle Honey
- Cinnamon–Clove Spiced Duck Breast
- Cranberry–Port Wine Gastrique
- Wild Rice Casserole
- Brown Butter Baby Brussels Sprouts
- Apple–Fragipane Tart
- Maple Crème Anglaise, Candied Walnuts

Make your own WINE
La Cantaina Wine School
Bob Vozella, LCWS

Have you ever thought of becoming a winemaker? Do you recall childhood memories of close relatives making wine? Join us at the La Cantaina Wine School for four sessions where you will be guided throughout the entire winemaking process. You will have input on all decisions regarding fermentation, aging and bottling. With guidance from an experienced winemaker, you will create the ultimate wine that fits your palate, your budget, and your personality. Each person will take home two cases of wine. Labels may be designed and printed for an additional fee. Simply steping through the doors of La Cantaina Wine School will feel like you have been whisked-away to an Italian winery. Please visit their website at lacantainawineschool.com to read more.

Session 1: Crush at grape arrival - Saturday, September 27, 12:00-2:00pm
Session 2: Press - Saturday, October 11, 12:00-2:00pm
Session 3: Rack into barrel - Saturday, November 15, 12:00-1:00pm
Session 4: Bottling - Saturday, September 26, 2015, 12:00-1:00pm

Course # A57-14    4 sessions $200

Hands-On Seminar, French and Basic White Bread
John Scott Smith

Baking a better-tasting homemade bread compared to what is available in stores is much easier than you think! Spend a couple of hours with your friends and neighbors and try your hand at your first loaves. Medway home baker, John Scott Smith, will walk you through the steps for French bread from scratch. We will cover how to handle-knead French Bread, and also go over how to use a stand mixer for Basic White Bread. Covered in this class will be measuring and scaling ingredients, proper mixing, kneading the “window-pane test”, shaping, baking, and cooling to get consistent results every time you wander into the kitchen. Recipes and ingredients will be provided.

Course # A56-14    1 session $25

Tuesdays, October 21-November 11
Medway Senior Center

WINING TASTING USING QUINI
NEW

This class will introduce you to a new, expertly designed wine tasting system call Quini. In addition to learning about wines, regions and food pairings, you will experience and learn a standard wine tasting structure and common language you can use anywhere to talk about wine. Before the class, all participants must preregister at Quini for technology set-up and device setting at quiniwine.com. Participants must bring an iPad, iPhone or device with web access to the class. Limited to 25; we strongly encourage early registration. Attendees must be 21 years of age to attend.

Course # A58-14    1 session
Thursday, October 23
Franklin Liquors, 363 East Central Street, Franklin
$20

WINE TASTING USING QUINI
NEW

AN AUTUMN BOUNTY DINNER at Chiara’s
Steve LaCount; Owner and Head Chef

Join Steve LaCount this fall for a cooking experience like no other. After discussing food preferences and any dietary concerns, the Chef and participants will assemble the menu together. Whether celebrating a special occasion or simply gathering with friends or associates, everyone will experience an afternoon of learning, good food, and wine, with personalized menus to take home as a memento.

FEATURED MENU:
- Hand Crafted Pumpkin–Ricotta Gnocchi
- Orange Soaked Dates, Candied Pearl Onions, Toasted Pepitas and Truffle Honey
- Cinnamon–Clove Spiced Duck Breast
- Cranberry–Port Wine Gastrique
- Wild Rice Casserole
- Brown Butter Baby Brussels Sprouts
- Apple–Fragipane Tart
- Maple Crème Anglaise, Candied Walnuts

NEW

MAKE YOUR OWN WINE
La Cantaina Wine School
Bob Vozella, LCWS

Have you ever thought of becoming a winemaker? Do you recall childhood memories of close relatives making wine? Join us at the La Cantaina Wine School for four sessions where you will be guided throughout the entire winemaking process. You will have input on all decisions regarding fermentation, aging and bottling. With guidance from an experienced winemaker, you will create the ultimate wine that fits your palate, your budget, and your personality. Each person will take home two cases of wine. Labels may be designed and printed for an additional fee. Simply steping through the doors of La Cantaina Wine School will feel like you have been whisked-away to an Italian winery. Please visit their website at lacantainawineschool.com to read more.

Session 1: Crush at grape arrival - Saturday, September 27, 12:00-2:00pm
Session 2: Press - Saturday, October 11, 12:00-2:00pm
Session 3: Rack into barrel - Saturday, November 15, 12:00-1:00pm
Session 4: Bottling - Saturday, September 26, 2015, 12:00-1:00pm

Course # A57-14    4 sessions $200

Hands-On Seminar, French and Basic White Bread
John Scott Smith

Baking a better-tasting homemade bread compared to what is available in stores is much easier than you think! Spend a couple of hours with your friends and neighbors and try your hand at your first loaves. Medway home baker, John Scott Smith, will walk you through the steps for French bread from scratch. We will cover how to handle-knead French Bread, and also go over how to use a stand mixer for Basic White Bread. Covered in this class will be measuring and scaling ingredients, proper mixing, kneading the “window-pane test”, shaping, baking, and cooling to get consistent results every time you wander into the kitchen. Recipes and ingredients will be provided.

Course # A56-14    1 session $25

Tuesdays, October 21-November 11
Medway Senior Center

WINING TASTING USING QUINI
NEW

This class will introduce you to a new, expertly designed wine tasting system call Quini. In addition to learning about wines, regions and food pairings, you will experience and learn a standard wine tasting structure and common language you can use anywhere to talk about wine. Before the class, all participants must preregister at Quini for technology set-up and device setting at quiniwine.com. Participants must bring an iPad, iPhone or device with web access to the class. Limited to 25; we strongly encourage early registration. Attendees must be 21 years of age to attend.

Course # A58-14    1 session
Thursday, October 23
Franklin Liquors, 363 East Central Street, Franklin
$20
THANKSGIVING PIE & WINE TASTING  NEW
Mark C. Lenzi, CSW, CSS, CWAS
Please join us for a pie and wine-pairing event. Thanksgiving is all about family, food and wine. At this tasting event, we will match pies with wines. What wine works with best apple pie, pumpkin pie or pecan pie? Class is limited to 25; we strongly encourage early registration. Attendees must be 21 years of age to attend.
Course # A59-14  1 session
Thursday, November 20  7:00-9:00pm
Franklin Liquors, 363 East Central Street, Franklin  $20

HOLIDAY DESSERT & WINE TASTING  NEW
Mark C. Lenzi, CSW, CSS, CWAS
Please join us for a dessert and wine-pairing event. The holidays are filled with all kinds of sweets, such as cookies, chocolates and many other desserts! We will discuss which wines to pair with which sweet. Class is limited to 25; we strongly encourage early registration. Attendees must be 21 years of age to attend.
Course # A60-14  1 session
Tuesday, December 9  7:00-9:00pm
Franklin Liquors, 363 East Central Street, Franklin  $20

BEER BREWING BASICS
Barleycorn’s Craft Brew
Have you ever wanted to make your own beer? Here is your chance to learn how to brew craft beer at Barleycorn’s Craft Brew in Natick in just two fun and informative evenings. In the first session, you will learn about beer styles, the ingredients that are used to make beer, and the process of brewing. Malt grains, extracts, hops, and yeast will be measured and added to steam-fired copper kettles to cook the beer. Return to bottle the beer in three weeks after the fermentation is complete. Your reward at the end of the class is a newfound knowledge of beer brewing and, equally important, a case of beer YOU made! Your own custom designed label can be added to personalize your brew. You are responsible for supplying your own bottles. You may purchase empty bottles from Barleycorn’s for $12 a case. This class is a perfect holiday gift all the craft beer lovers on your shopping list!
Course # A61-14  2 sessions
Fridays, November 21 & December 12  5:30-7:30pm
21 Summer Street, Natick  $45

JUICING VERSUS SMOOTHIES  NEW
Veronica Boske, LCSW, HC
Which method is better and what IS the difference? In this new workshop, you will receive awesome new recipes, learn the different benefits each offers, try tasty samples, and acquire the best tips and tricks when adding nutritious foods and vegetables to your daily routine. These smoothies pack a super-nutrient punch that you will love! We will also discuss which foods provides the best energy for that mid-afternoon slump. You will learn the three basic principles to increase your energy and vitality without reaching for that afternoon coffee. Join us to learn how to integrate organic produce, chia, flax and a little love into your day - your body will thank you for attending this class. There will be time for questions at the end of the workshop. Juicing and smoothie recipe e-book are included.
Course # A62-14  1 session
Tuesday, October 28  7:00-9:00pm
Memorial School Teachers Room  $25

BALANCE YOUR IMMUNITY  NEW
Veronica Boske, LCSW, HC
Are you sick and tired of being sick and tired? Do you get colds or get sick with every change of season? Balancing our immune system plays a vital role in our bodies’ ability to ward-off chronic disease, the common cold and general fatigue. This workshop delivers easy-to-use health strategies that enhance the body’s immune function. The instructor will share the most influential immune boosters in the form of lifestyle upgrades, super foods, oils and homeopathy. In addition to immune boosters, you will learn what dietary and lifestyle choices depress your immune system, making you susceptible to more than just the common cold! The ABC’s of homeopathy will also be discussed as you gain basic understanding of how to help people with Lyme disease, influenza, flu, coughing, cold, sinus problems, eczema, allergies, asthma, pain and more.
Course # A63-14  1 session
Tuesday, December 2  7:00-9:00pm
Memorial School Teachers Room  $20

REVELATION PREP  Middle and High School Students
Revelation Prep is a College Readiness Company that has been helping students improve their grades and increase standardized test scores for over 10 years. They provide personalized academic and test preparation tutoring services for middle and high school students. Revelation Prep offers a variety of programs to help students achieve their academic goals. Medway families can work with Amanda Bruneau to build a customized plan and find the best tutor or program for their child’s learning style, interests, and goals. Please contact Amanda at 617-640-0744 or amanda.bruneau@revolutionprep.com to see if Revelation Prep has a program that would fit your child’s academic needs, as well as preparing for the SAT & ACT.

REVELATION Prep’s Programes:
On-campus course at Medway High School:
Leading up to the November 8th SAT – Practice Exams begin Saturday, September 27, from 9am-1pm and Classroom Sessions begin Wednesday, October 1, from 6-9pm.
$599 SAT Group Class $899 Hybrid Course - class plus 4 hours of private tutoring

SAT/ACT/PSAT/Academic Private Tutoring:
Our private tutoring program matches one of our exceptional tutors to each student based on his or her learning style, academic strengths and weaknesses, and personality. This process ensures that each student gets the most out of these one-on-one tutoring sessions. Tutoring programs are flexible and we guarantee our tutor match!

SAT/ACT small group live online courses:
Offer options to fit the needs of any student, anywhere. Delivered via our online platform with face to face instruction, these courses are accessible from anywhere with an internet connection, and the scheduling flexibility makes them the perfect option for busy students.
$599 SAT/ACT Small Group Course $899 Hybrid Course - class plus 4 hours of private tutoring
We encourage you to reach out to Amanda Bruneau, liaison to Medway Community Education, directly at 617-640-0744 or Amanda.bruneau@revolutionprep.com to discuss a specific program for your child. You can also go directly to Revelation Prep’s website, www.revelationprep.com or call 1-877-738-7737.

DRIVER TRAINING CENTER
Ages: 15 yrs/9 mos. & up
Program Information:
The Driver Training Center (DTC) of Norwood has been in business for over 25 years, offers the lowest local price and best service, and is the only local Four Star (highest rated) licensed driving school by the PDEA (Professional Driver Education Association). DTC also offers the required two-hour parent program. All students will begin road lessons within two weeks of completion and will have the same instructor for all driving times. DTC offers personalized instruction for each student to best meet his/her needs. Road test sponsorship is available during the Registry of Motor Vehicle’s best-scheduling times. DTC accepts MasterCard and Visa.

** Free home pick-up and drop-off after first lesson: first lesson will meet at high school or middle school **

Program Overview:
• 36 hours of classroom instruction
• 12 hours behind-the-wheel training
• 6 hours driving observation
• 24 hours private driving
• To register for driving time and parent class, call 508-528-9510, M-F, 2-5pm

Payment Schedule:
• $169 - Classroom Sessions - payable to Medway Community Education
• $295 - Payment 1 of driving time - payable to DTC before4th classroom session
• $295 - Payment 2 of driving time - payable to DTC when scheduling driving time

Course # A24-14
Friday, December 26; Saturday, December 27; Monday, December 29; Tuesday, December 30; Wednesday, December 31 5:30-7:30pm
High School Rm. 113-2 $169
MEDWAY MIDDLE/HIGH SCHOOL

MEDWAY MUSIC LESSONS

Ages: Grades 5-12
Amanda Webster

The Medway Music Department is excited to present a Private Lesson Program, which serves students in grades 5 - 12. The program runs in partnership with the Medway Public Schools’ Music Department, Medway Community Education, and the Medway Friends of Performing Arts. Currently, the program offers lessons for the traditional concert band instruments. Lessons are available at a rate of $23.00 per 30-minute lesson, $35.00 per 45-minute lesson, and $46.00 per 60-minute lesson. The private lesson program offers students an opportunity to study their instrument with a professional specialist in a one-on-one setting. This does not replace existing class group lessons and band classes, where instruction is presented by school department staff. Instead, the program offers further training in fundamentals, technique, musicianship, and solo repertoire. This type of local program also helps parents avoid transporting students to other towns for private lessons.

If you are interested in having your child participate in this program or if you have any questions regarding the program, including a payment schedule breakdown, please feel free to contact Amanda Webster, High School music teacher at (508)-533-3227 x4504 or by email at awebster@medway.k12.ma.us.

Your information is emailed directly to our music department and you will be contacted to schedule a weekly lesson time. All lessons occur Monday through Friday after school in Medway Public Schools’ music facilities. After you have filled-out the online registration, you must submit the $15 registration fee. Your registration will not be considered complete until the registration fee is received.

Please make all payments payable to Community Education and mail to Community Education, 16 Cassidy Lane, Medway. You may also pay online at: unipaygold.unibank.com.

HEARTSAVER PEDIATRIC FIRST AID & CPR

Ages: 13 & up
Juanita Allen; Century Health Systems

Does your job require certification in First Aid and CPR? This course meets the requirements of camp counselors, babysitters, and children’s sports organizations. The Heartsaver Pediatric First Aid course, taught under the guidelines of the American Heart Association, is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, and Pediatric CPR. Certification is good for two years.

Course # A22-14 1 session Monday, October 27 6:00-9:00pm Memorial School Library $85

STARTING THE COLLEGE SEARCH

What Students Need to Know

Ages: Grades 10 & 11
Christa M. Panciocc; College Bound Consultant

This one-night workshop will provide high school students with valuable information on the entire college search process. A College Bound consultant will share helpful college admission information, as well as how to put together an impressive application package. So take the first step in your college search and join College Bound, a local college-consulting service, to learn how to organize your search, prepare your resume, write application essays, obtain the best recommendations, and much more. High school juniors are encouraged to attend this workshop.

Parents - please refer to course A68-14 for course information regarding the college search process for you!

Course # A23-14 1 session Monday, October 27 7:00-9:00pm High School Rm. 113-2 $25

MEDITATION AND ONENESS BLESSING

Ages: 13 & up
Cathy Mann

Join us for a relaxing and inspiring class of meditation, breath work and healing energy. You will enjoy simple techniques to reduce stress and improve focus. All are welcome.

Course # A53-14 4 sessions Sundays, September 28-October 19 4:00-5:00pm Yoga Studio, Suite 111, 840 Main Street, Millis $45

MEDWAY BOXWOOD TREE

NEW

Have you always admired beautiful boxwood trees every holiday season? Here is your chance to learn how make one to decorate your home or to give as a special gift. Your boxwood tree will be decorated with glass balls, pinecones, berries, ribbons, and more. Come with a friend and celebrate the holidays creating this special handmade decoration that will last throughout the season. All supplies are included.

Course # A64-14 1 session Thursday, November 20 7:00-9:00pm Medway Garden Center, 38 Summer Street, Rte. 126 $50

WREATH 101: DIY NATURAL DÉCOR

Jeanne Raffa

Beautiful holiday wreaths are easy to create, and you will learn how it is possible to design a lovely wreath for your home or as a gift without having to pay high prices at garden or craft stores.

We will use local and natural materials in our creations. Once you learn how to “do it yourself”, you will never pay full price again! Proceeds benefit the Medway Community Farm. Instructor Jeanne Raffa is President of the Medway Community Farm’s board and a DIYer on the side.

Course # A65-14 1 session Monday, December 1 7:00-9:00pm MCF Farmhouse, 50 Winthrop Street $25

COLD PROCESS SOAP MAKING

NEW

Ann Fisher; Molly’s Apothecary

Join us in this exciting new class to learn how to make soap from scratch, using organic ingredients, essential oils, perfume and cosmetic grade fragrances, botanicals and other wonderful ingredients! All participants will make their own log of soap. The soap needs to stay in the studio overnight and may be picked-up the next day. Please wear old clothes as we are working with colors, oils and fragrances. Minimum age requirement is 16, accompanied by a parent or guardian; otherwise 18 and older.

Course # A66-14 1 session Thursday, November 20 6:30-9:30pm Medway Mills, 163 Main Street, Rte. 109 $70

LADIES NIGHT OUT

Ann Fisher; Molly’s Apothecary

Join Ann Fisher, head teacher and owner of Molly’s Apothecary in Medway, for a fun evening of making natural body products. We will make a fun Melt and Pour “glycerin” soap project, a luxurious lotion, and a decadent sugar scrub, using natural ingredients, botanicals, essential oils and perfume grade fragrances. All participants will take home lovely handmade products at the end of the evening. This class is always fun in groups, so bring a friend!

Course # A67-14 1 session Thursday, December 4 7:00-9:30pm Medway Mills, 163 Main Street, Rte. 109 $40
EARTHAVER PEDIATRIC FIRST AID & CPR
Jasmia Allan, Century Health Systems

Does your job require certification in First Aid and CPR? This course meets the requirements of camp counselors, babysitters, and children’s sports organizations. The Earthaver Pediatric First Aid course, taught under the guidelines of the American Heart Association, is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants how to handle injuries and manage illness in the first few minutes until help arrives. The six modules covered in this course are First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, and Pediatric CPR. Certification is good for two years.

Course # A22-14 1 session Monday, October 27 11:00-1:00pm Memorial School Library $100

STARTING THE COLLEGE SEARCH
What Parents Need to Know
Christa M. Panciocco, College Bound Consultant

Applying and gaining acceptance to college in today’s competitive market creates stress and anxiety for both students and their parents. Parents are often confused about the many steps their child needs to take in the process of applying to college. This course will teach participants how to plan for the college search. We will address the importance of researching the application process from start to finish. Join College Bound, a local child needs to take in the process of applying to college. This course includes a 16-page workbook, a $10 value. An optional text is also available the night of the class for $49.

Course # A70-14 1 session Tuesday, November 4 6:30-9:30pm High School Rm. 119-2 $40

MANAGING YOUR INCOME IN RETIREMENT
Timothy J. Moses, CFSP, Financial Advisor

When you retire, will you volunteer, start a second career, travel, or spend time with your grandchildren? Once you have a goal in mind, you need a strategy to make it happen. We can help. Join us for our workshop Navigating Your Nest Adventure: Managing Your Income in Retirement. We will discuss strategies for the money you have at retirement to help you get through retirement. We will explore how to plan for concerns such as inflation, health care expenses and market volatility, and how you can prepare for things that do not go as expected.

Course # A71-14 1 session Thursday, November 6 6:30-8:00pm High School Rm. 119-2 FREE

AQUATICS AT THE FRANKLIN YMCA
YMCAs offer a variety of programs that allow all ages and abilities to enjoy their pools. Medway Community Education registers receive the Program Member Fee for all swim programs without having to pay an annual fee. To view all class descriptions, dates, times, fees, and number of available openings in each swim level, please log on to the Y’s self-service portal on their website: lockerymca.org. Click on ‘Register for Program’ / click on ‘Check Out Our Programs’ / check ‘By Branch’ / check Franklin / choose an Aquatics category. Once you have determined the class, please register through Medway Community Education – online or by mail. DO NOT register through the Y’s portal. If you do not know your child’s swim level, call 774-235-2747 to set-up a free evaluation appointment. Please remember to refer to the Program Member Fee in each swim category.

PARENT/CHILD
Shrimp/Kippa/Tuna... Ages 6-months-2 Seahorse......... Ages 2-3
PercH.................... Ages 1-3 Pike with Parent... Ages 3-5

PRE-SCHOOL
Eel........ Ages 3-5 Ray........... Ages 3-5
Pike 1........ Ages 3-5 Starfish... Ages 3-5
Pike 2........ Ages 3-5

YOUTH AND TEEN PROGRAMS
Fish........... Ages 6-12 Shark............. Ages 6-12
Flying Fish..... Ages 6-12 Intramural Swim... Ages 6-13
Guppy........ Ages 6-12 Jr. Masters Swim... Ages 12-16
Minnow........ Ages 6-12 Beginner Lessons... Ages 13+
PooLiWooG I... Ages 6-12 Intermediate Lessons... Ages 13+
PooLiWooG II... Ages 6-12 Stroke Clinic.... Ages 13+

NEW ENGLAND BUDDY BOWL CHARITY
Mom and Dad! Bring your children, ages 9 and older, and play flag football for charity! Able-bodied and challenged athletes are welcome! Buddy Bowl is a fun flag football tournament to raise money for CAP Operation Refurb and other organizations benefitting local Veterans and First Responders. Email Chip Fagan at cbfagan7@gmail.com for donation opportunities.

Go to buddybowl.org to register. SPACE IS LIMITED!

COMPETITIVE SWIMMING
Intro to Competitive Swimming... Ages 6-12
Intramural Swim Teams...... Ages 6-14
HAY Lightning Swim Team.... Ages 6-18

SPECIALTY PROGRAMS
Youth/Teen Fitness Swim...... Ages 10-15
Homeschool........................ Ages 6-12
Vacation SPLASH Program... Ages 3-12
Vacation Stroke Clinic...... Ages 8-18
Special Olympic Swim Training... Ages 13+
YMCA Lifeguard Class... Ages 16+
Private Lessons................. Ages 3+

Fall 1 Course # A19-14 7 sessions Monday, September 8-8:30-October 26 $104 (89% fee for 8 Monday lessons due to the holiday)

Fall 2 Course # A20-14 8 sessions Monday, October 27-December 21 $119

*Please note – the fees for Competitive Swimming and Specialty Programs will vary.

MANAGING YOUR INCOME IN RETIREMENT
NEW
Tim Schell, CFSP, Owner of Debt Free Tonight

If you have debt payments of any kind, please attend this important class! You will be guided on how to eliminate credit card debt in one to four years, as well as your 30-year mortgage in only three to six years! All participants will learn a simple, guaranteed system to eliminate all debt based on your current income level. Please bring a calculator, a list of debts, and a list of minimum monthly payments to class. You will develop your own debt elimination plan that can be immediately implemented into your lifestyle. The course fee includes a 16-page workbook, a $10 value. An optional text is also available the night of the class for $49.

Reduce your stress and get debt free!

AQUATICS AT THE FRANKLIN YMCA
YMCAs offer a variety of programs that allow all ages and abilities to enjoy their pools. Medway Community Education registers receive the Program Member Fee for all swim programs without having to pay an annual fee. To view all class descriptions, dates, times, fees, and number of available openings in each swim level, please log on to the Y’s self-service portal on their website: lockerymca.org. Click on ‘Register for Program’ / click on ‘Check Out Our Programs’ / check ‘By Branch’ / check Franklin / choose an Aquatics category. Once you have determined the class, please register through Medway Community Education – online or by mail. DO NOT register through the Y’s portal. If you do not know your child’s swim level, call 774-235-2747 to set-up a free evaluation appointment. Please remember to refer to the Program Member Fee in each swim category.

PARENT/CHILD
Shrimp/Kippa/Tuna... Ages 6-months-2 Seahorse......... Ages 2-3
PercH.................... Ages 1-3 Pike with Parent... Ages 3-5

PRE-SCHOOL
Eel........ Ages 3-5 Ray........... Ages 3-5
Pike 1........ Ages 3-5 Starfish... Ages 3-5
Pike 2........ Ages 3-5

YOUTH AND TEEN PROGRAMS
Fish........... Ages 6-12 Shark............. Ages 6-12
Flying Fish..... Ages 6-12 Intramural Swim... Ages 6-13
Guppy........ Ages 6-12 Jr. Masters Swim... Ages 12-16
Minnow........ Ages 6-12 Beginner Lessons... Ages 13+
PooLiWooG I... Ages 6-12 Intermediate Lessons... Ages 13+
PooLiWooG II... Ages 6-12 Stroke Clinic.... Ages 13+

NEW ENGLAND BUDDY BOWL CHARITY
Mom and Dad! Bring your children, ages 9 and older, and play flag football for charity! Able-bodied and challenged athletes are welcome! Buddy Bowl is a fun flag football tournament to raise money for CAP Operation Refurb and other organizations benefiting local Veterans and First Responders. Email Chip Fagan at cbfagan7@gmail.com for donation opportunities.

Go to buddybowl.org to register. SPACE IS LIMITED!

COMPETITIVE SWIMMING
Intro to Competitive Swimming... Ages 6-12
Intramural Swim Teams...... Ages 6-14
HAY Lightning Swim Team.... Ages 6-18

SPECIALTY PROGRAMS
Youth/Teen Fitness Swim...... Ages 10-15
Homeschool........................ Ages 6-12
Vacation SPLASH Program... Ages 3-12
Vacation Stroke Clinic...... Ages 8-18
Special Olympic Swim Training... Ages 13+
YMCA Lifeguard Class... Ages 16+
Private Lessons................. Ages 3+

Fall 1 Course # A19-14 7 sessions Monday, September 8-8:30-October 26 $104 (89% fee for 8 Monday lessons due to the holiday)

Fall 2 Course # A20-14 8 sessions Monday, October 27-December 21 $119

*Please note – the fees for Competitive Swimming and Specialty Programs will vary.
YOUTH - FITNESS

SPORTS MANIA on Conference Days
Ages: Grades K-4
F.A.S.T. Athletics Staff
Are you looking for an exciting activity on the early-release conference days? If your child loves to play fun games and sports, then this is the program for them! Let us help keep your child happy and active with two stimulating afternoons of soccer, flag football, basketball, dodgeball, and wiffle ball. Each sport will be played with a variety of instructional and entertaining games and scrimmages.

Course # A22-14  2 sessions
Monday, November 17 & Friday, December 5  1:00-3:00pm
Memorial School Gym  $40

SUPER SPORTS
Ages: Grades K-4
F.A.S.T. Athletics Staff
Come join the staff of F.A.S.T. Athletics for their popular Super Sports program which offers a variety of sports each session, such as soccer, basketball, flag football, dodgeball, and kick ball. Each session includes proper stretching and warm-ups game, instruction on the basic skills of each sport, and a high-energy game of the sport played that day in fun and FUN environment. Children in each school program participate in sports and games that are age-appropriate and geared to their developmental abilities and needs.

**Please send note to teacher BEFORE first session with dates child will be staying after school for program.
**Include name of child’s teacher on registration form; will assist child getting to school gym.
**Each school program limited to 25 participants; register early.

Grades K & 1
Course # A13-14  6 sessions
Wednesday, October 15-November 19  3:00-4:00pm
Governor School Gym  $75

Grades 2-4
Course # A14-14  6 sessions
Thursday, October 16-November 20  3:30-3:30pm
Memorial School Gym  $75

ARCHERY
Ages: 6-12
F.A.S.T. Athletics Staff
Who has the best shot? This class will focus on aim, posture and balance when shooting with our bow and arrows. Proper technique will be explained to ensure everyone has the opportunity to hit their marks! Can you hit your target 20, 30, or even 50 yards out? Come join us and find out!

Course # A15-14  7 sessions
Tuesday, September 16-October 28  3:45-4:45pm
Millis Town Park, 900 Main Street, Rt. 109, Millis  $85

KARATE
Ages: 5-13
Master Julie Guido & Sensei Christie Howard
Learn the art of Karate. This six-week beginners’ course will teach age-appropriate self-defense techniques, as well as important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of this test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Course # A16-14  6 sessions
Fridays, October 17-November 21  4:00-4:50pm
Burke School Gym  $60

ADVANCED KARATE
Ages: 9-15
Master Julie Guido & Sensei Christie Howard
This course is for students who have previously taken Karate. The advanced course will focus on more difficult age-appropriate self-defense techniques, as well as important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Course # A17-14  6 sessions
Fridays, October 17-November 21  4:00-4:50pm
Burke School Gym  $60

THE IPAD - Learn the Basics
Eileen Kalukin
The iPad is the coolest thing to hit the computing world in years! Do you have an iPad but don’t know how to use all the features? Are you curious about how to get the most out of it? Come to this class and we will unlock all the power and the fun of the Pad tab. Learn to navigate through the screens, settings and programs. Discover the tools that come with the iPad to manage your photos, listen to your favorite music, read the latest books and get directions anywhere. Search and download the most popular apps and learn how to keep your iPad synched and up-to-date. Students must bring their own iPad to class. Class limited to 8 students.

Course # A72-14  2 sessions
Tuesdays, October 14 & 21  7:00-9:00pm
High School Rm. 111-2  $45

IPAD/IPHONE WORKSHOP
Eileen Kalukin
Do you have questions about using your iPhone or iPad? Have you been using it but struggling with a certain topic or app? Do you wonder what the most useful and popular apps are for your Apple device? Come to this workshop to have your questions answered. Explore some of the most popular apps and learn how to get the most out of your device. Students should have a basic knowledge of using their device and must bring their own iPad/iPhone to class. Class limited to 8 students.

Course # A73-14  1 session
Tuesday, December 2  7:00-9:00pm
High School Rm. 111-2  $25

The following three courses are largely funded by Medway Cable Access. Experience the new state-of-the-art Cable Studio and enjoy these new courses.

DIGITAL PHOTOGRAPHY MADE EASY
Lisa Sheehan
Did you recently receive a fancy new camera? Is it time to learn how to use all of the buttons and dials? This class will explore some of the automatic and manual features of your digital camera. You will learn how to use these features to take photographs that you are proud to add to your family photo album, wall or greeting card. To get the most out of this class, please bring your camera, manual, charged battery, notepad and pen. Class limited to 10 students.

Course # A74-14  1 session
Saturday, November 8  9:00am-12:00pm
High School Cable Studio (Gym doors)  $25

STAGE YOUR HOME TO SELL
Joleen Rose
Back by popular demand! In the world of real estate Joleen Rose, CBR, Realtor, feels strongly that you never get a second chance to make a first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Redesign will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, Internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

Course # A77-14  1 session
Tuesday, September 30  6:00-7:00pm
Veterans Memorial Bldg., Rte. 109, Millis-Rm. 204  FREE

INTRODUCTION TO PHOTOGRAPHIC COMPOSITION
New Michael Finnegan
In this class, we will prepare you through a hands-on introduction to image manipulation and editing using Photoshop. The course begins with teaching students Photoshop tools. Students will then learn how to use these tools to manipulate images. It is suggested that you bring your own images to work with, but images will be provided if necessary. Class limited to 10 students.

Course # A76-14  6 sessions
Wednesday, October 22-December 3  7:00-9:00pm
High School Cable Studio (Gym doors)  $55

ONLINE COURSES- ED2GO
The ed2go network consists of more than 2,100 top colleges, universities, and other organizations. We offer you hundreds of engaging online courses, covering every topic from Accounting to Web Design. Each course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use. Our instructors include some of the most well-known and trusted names in online education, and our dedication to custom- er service is second to none. Upon successful completion of the course, you will be able to download a certificate of completion.

Visit ed2go.com/medwayce to view our classes.

Medway Community Education * Fall 2014
GUIDED CHINATOWN TOUR

Rose Lee

Do you like Chinese Food and Cooking? Join cookbook author, Rose Lee, master chef, past restaurant owner, and cooking instructor while she guides you to the delights of Chinese culture and foods in Boston’s Chinatown. During your tour we will:

• Visit Chinese markets, learn about the essential cooking ingredients; smell and taste a big array of Chinese greens and exotic fruits.
• Learn and taste the delightful traditional Chinese bakery products and Chinatown’s best BBQ.
• Visit the oldest Chinese herbal shop in Chinatown and learn about the traditional Chinese medicine; see the herbalist dispense the various herbs for their clients. Learn about what herbs are good for health and various herbal medicines that are good to keep on hand for first aid uses.
• Find whole sale places for Chinese kitchen products and noodle and dumpling products to save you money.
• Find the eye-opening arts and crafts gift shops, traditional Chinese fabric shops, and the real jade and jewelry shops for your enjoyment.
• The tour will culminate in a sit-down restaurant where you can relax and enjoy a guided tea meditation, and sip cups of freshly brewed hot fragrant Chinese tea.

The meal cost (between $15-$20) is not included in your registration fee.

This is a walking tour; wear comfortable shoes and bring shopping bags or a cooler. Chinatown is near South Station and Orange/Green Line T stops. We will meet at the Chinatown Gate, located at the intersection of Beach Street and Surface Road in Boston’s Chinatown, at 10:00am sharp.

This tour is largely funded by a Confucius Institute Grant through the Medway Public Schools.

Course # CT-14  1 session
Sunday, October 19  10:00am-2:00pm
$35
Chinatown Gate, located at the intersection of Beach Street and Surface Road in Boston’s Chinatown

TRIP TO NYC

Join us on Saturday, November 8, for a memorable day in New York City! There are countless exciting and entertaining places to visit that it is impossible to see everything in one day – but let us help you get started! Please visit nyc.gov/nyc-resources/categories/culture-recreation to help plan your day. The luxury coach bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick’s Cathedral, Rockefeller Center, plus much more – a map of the area is provided.

Please call the Community Education office at 508-533-3222 option 4 should you have any questions.

Course # NYC-14  1 session
Saturday, November 8  6:30am-10:00pm
$58

The bus departs at 6:30am from the Middle School parking lot, 45 Holliston Street. We depart NYC at 6:00pm, returning to Medway at approximately 10:00pm.

KINKY BOOTS - Broadway’s Hit Musical is coming to Boston!

Boston Opera House

We are excited to announce that we have tickets for Kinky Boots, coming to the Boston Opera House in August, 2015! KINKY BOOTS is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from the most unlikely person. Together, these two become an unstoppable team and find that they have more in common than they ever dreamed possible… proving that when you change your mind about someone, you can change your whole world.

Course # KB-15  1 session
Friday, August 14, 2015
4:30pm departure
$115

The bus departs at 4:30pm from the Middle School parking lot, 45 Holliston Street. There is time for dinner before the show at one of the many restaurants within walking distance of the theatre. The show begins at 8:00pm. The $115 fee includes Front Center Mezza-nine seating and bus transportation.

AFTERNOONS ON THE FARM

Ages: Grades K-8
Medway Community Farm Staff

Join us on the farm for an afternoon of learning and play! Help us take care of the animals, work in the greenhouses and gardens, play games, and learn how nature and nutrition come together on the farm. Every day is different at the farm! Please send children prepared to be outside in all weather, including warm waterproof boots. Layers are best in the fall! Please have a snack before arriving. You may register for the entire season or just one day at a time!

Course # A8-14  Grades K-4
Thursdays, September 11-October 30
3:30-5:00pm
$20/session or $160/entire season
8 sessions

Course # A7-14  Grades 5-8
Wednesdays, September 10-October 29
2:30-5:00pm
$25/session or $200/entire season
8 sessions

Medway Community Farm, 50 Wunthrop Street

HOME ALONE SAFETY

Ages: 9-11
Juana Allen; Century Health Systems

In this class, children will learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as about Internet safety, accident prevention, and fire protection. Simple First Aid techniques will also be taught. A short movie and role playing will also be included in the program.

Course # A8-14  1 session
Monday, October 27
3:30-5:30pm
Memorial School Library
$45

RED CROSS BABYSITTING COURSE

Ages: 11-14
Margie Monahan

This course will teach you the responsibilities and qualities of being a good babysitter and what to expect from the person who hires you. You will learn to interview for a babysitting job, supervise children with safe and age-appropriate toys and games, handle an emergency or illness, perform first aid, carry out basic care routines, prepare simple meals and snacks, and handle bedtime issues. This will be done with fun activities, exciting videos, lively discussions, and real-life problem-solving situations. We will provide you with a first aid supply pack and a book with CD. Students will receive a Red Cross Certification Card once completing the course. Students should bring a snack and drink each day. Register early - class fills quickly and supplies must be ordered through the National Red Cross Organization.

Course # A9-14  4 sessions
Tuesdays, November 18-December 9
2:00-4:30pm
Middle School Rm. 1108
$75

HORSEBACK RIDING LESSONS

Ages: 5 & up
Melissa Price

Have you always dreamed of learning to ride a horse? Or do you need a brush-up course to get you back in the saddle again? Join us at Shadowfax Farm as you learn to groom and tack a horse, as well as basic riding skills, such as the proper way to get on a horse, sit correctly in the saddle, and how to control a horse. There is a maximum of 6 students in this class.

Course # A10-14  4 sessions
Wednesdays, September 17-October 8
4:30-5:30pm
Shadowfax Farm, 112 Farm Street, Millis
$150

PAINTBALL TRIP

Ages: 5 & up
Fox 4 Paintball

Join us on your day off from school for an exciting day of paintball adventure at Fox 4 Paintball in Upton! Players will be given a safety orientation and issued all needed equipment. Players will play approximately six games and may purchase additional paintballs at a reduced cost. The bus will leave VMB at 9:00am and return at 4:00pm. Children may bring their own lunch, snacks, and drinks; a snack bar is also available. Fee includes transportation. Please be sure to wear comfortable clothing and sneakers. PLEASE DOWNLOAD WAIVER FORM AT foxpaintball.com and mail in with registration and payment.

Course # A11-14  1 session
Friday, October 10
9:00am-4:00pm
Veterans Memorial Building, Rte. 109, Millis
$55

COSTUME SWAP

NEW

Turn this year’s Halloween into a “green” Halloween! Community members are invited to donate gently-used youth, adult and pet Halloween costumes by Friday, October 10th. Then, return on October 16th to look for a new costume for yourself or child. Costumes may be dropped off in the designated box located at the Millis Recreation Department.

Thursday, October 16
4:00-6:00pm
Veterans Memorial Building Gym, Rte. 109, Millis
FREE

Medway Community Education Gift Certificates

Call or email the Community Education office for details
508-533-3222 option 4 communityeducation@medway.k12.ma.us

Medway Community Education * Fall 2014
PRESCHOOL

TERRIFIC TWOS PRESCHOOL PROGRAM

Ages: 2 & 3
Melanie Dawson & Irene Nelson

Our 2014-2015 program is full. Please contact our office if you would like your child placed on our wait list.

Terrific Two’s is a unique program developed for the younger preschool child. This program enhances socialization and hands-on learning of two and three-year-olds in a small group setting. Music, movement, stories, projects and free play are incorporated into a fun-filled morning. Classes meet Tuesdays and Thursdays from September 16, 2014 through May 21, 2015 in the Community Education classroom located in the Burke wing of the Burke-Memorial School. Each regularly scheduled class runs from 9:00am-11:30am. Children must be two years old by September 1, 2014. Snacks and drinks are provided. There is a maximum of 15 children with two teachers in this program.

Please mail registration and non-refundable $125 deposit - $100 will be applied to your May tuition - to Medway Community Education, 16 Cassidy Lane, Medway, MA 02053. Monthly tuition is $200/month. Regular monthly tuition payments are due on the first of the month, made payable to Medway Community Education. For additional information on the program, please contact Melanie Dawson at 508-533-1544 or at melaniendawson@comcast.net

Course # A3-14
September 16, 2014-May 21, 2015
Burke School Rm. 11
Legion Ave. Parking Lot-Door 13

MESSY MIXTURES

Ages: 2-4 with adult companion
Margie Monahan

This is an exciting art program for preschoolers and an adult companion. Join us for a wonderful experience in process art where your child will explore, create and learn by experimenting with many different mediums. Children will have the opportunity to craft at least three different projects each week. Old play clothes are recommended for those who attend.

Course # A2-14
September 16-November 19
Burke School Rm. 11
Legion Ave. Parking Lot-Door 13

PRESCHOOL SWIM LESSONS

Ages: 6 months-3 years (w/adult companion) and 3-5
YMCA Aquatics Staff

For information on Parent / Child and Preschool swim lessons, please refer to page 7 in the Youth-Fitness section of our brochure.

PRESCHOOL T-BALL

Ages: 2.9-6
F.A.S.T. Athletics Staff

Let’s take a walk through the fundamentals of America’s favorite pastime! The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities.

Course # A4-14
September 13-October 25
Thayer Homestead, 2B Oak Street, Medway

PRESCHOOL KARATE

Ages: 3 & 4
Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In this class, we conduct basic stretching and conditioning exercises to improve flexibility, coordination and balance. Children are taught basic karate punches, kicks and blocks. Techniques are reinforced weekly using various equipment and fun drills designed to hide repetition and to keep children excited.

Course # A5-14
September 26-November 14
2B Oak Street, Medway

INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details
508-533-3222 option 4
communityed@medway.k12.ma.us

Lecture Series @ The Thayer Homestead

JUDITH MOFFATT

THE ROAD TO MANDALAS

After 25 years of illustrating for children’s books and magazines, Judy Moffatt had a life-changing experience that transformed her outlook on life and art. While exploring different mediums and styles, she discovered the art of Mandalas. These insightful circles of art have become a delightful obsession which fill her hours with absorbing imagery, colors and flow. Join Judy as she takes you on the journey to this meditative art. judithmoffatt.com

JEFF ELLSE

SPACE AND EVERYTHING IN BETWEEN

Jeff Ellse’s recent work has been described as tangible abstraction. The trajectory his work has taken is not always predictable; he has evolved from a photorealism approach to one that encompasses a wider range of abstract motifs. His work channels the contradiction arts historical past while hinting at a dimension that is beyond the scope of our perception. Join Ellse while he discusses his work and the ideas that have led him on his path. Jeffreyellse.com

JESSE GREEN

CHAINSAWS, CHEESEBURGERS & ROCK ’N’ ROLL

Chainsaws, Cheesburgers and Rock ’n’ Roll follows “The Machine” Jesse Green, star of The National Geographic Channel’s American Chainsaw, on a wild, cross-country dream road trip in his custom-built, Chevy van! Through the magic of modern technology, guests will virtually Ride Shotgun with Jesse as he dictates (in real time) his epic tale of how he quit his job, chased his dreams, became a world-renowned Master Chainsaw Sculptor and even landed his own Reality TV Series in prime time! All while simultaneously experiencing (first-hand) the ups, downs and emotions of the more than 9,000-mile drive. Themachinesjessgreen.com

DALE FREEMAN

MELANCHOLY CATASTROPHIE OF 1801: THE MURDER OF ELIZABETH FALES BY JASON FAIRBANKS

In May of 1801, in the small farming town of Dedham, Massachusetts, the life of eighteen-year old Elizabeth Fales came to a violently abrupt end. She had died among birch trees in a small pasture not far from her family’s home, from elevator stab wounds and a slashed throat. The mysterious circumstances of her death and the involvement of her long time acquaintance and local Dedham man, twenty-year old Jason Fairbanks, would shake this small town of roughly 2,000 people to its core.

The Thayer Homestead is a completely renovated 18th century historic farmhouse with a brand new attached open-space addition. This state-of-the-art facility function is set in a beautiful rural setting on a picturesque lawn next to a huge beach tree and featuring a view of the scenic pond in Choate Park.
Kinky Boots

Coming to Boston!!
Winner of six Tony Awards® including BEST MUSICAL

We are excited to announce that we have tickets for Kinky Boots, coming to the Boston Opera House in August, 2015!

From Grammy® Award-winning pop icon CYNDI LAUPER and four-time Tony Award® winner HARVEY FIERSTEIN comes the exhilarating musical KINKY BOOTS, directed and choreographed by Tony Award winner JERRY MITCHELL.

KINKY BOOTS is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from the most unlikely person. Together, these two become an unstoppable team and find that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world.

Featuring a sensational musical score, knockout dancing and a spectacularly uplifting story, KINKY BOOTS is the must-see musical that proves that sometimes, the best way to fit in is to stand out!

We procured FRONT CENTER MEZZANINE seating ($158 value) for one of Broadway’s sold out shows at a greatly reduced price.

“Insipred! Kinky Boots is an emotional button-pusher!” - The New York Times

“Cynid Lauper’s infectious score is cause for celebration!” - Entertainment Weekly

“Sweet, colorful & a little naughty! A big ol’ sweet love story.” - Associated Press

Fee: $115 includes Front Center Mezzanine seating & bus transportation

Date: Friday, August 14, 2015

Time: The bus departs at 4:30pm from the Middle School parking lot, 45 Holliston Street. There is time for dinner before the show at one of the many restaurants within walking distance of the theatre. The show begins at 8:00pm.

REGISTRATION INFORMATION

- Mail to: Medway Community Education Department, 16 Cassidy Lane, Medway, MA 02053
- Hand Deliver: Burke-Memorial School Main Office, 16 Cassidy Lane - Hours: 7:30am-3:30pm
- Online Registration: https://unipaygold.unibank.com (Medway Public Schools/Community Education/Seasonal Brochure)

Make checks payable to Medway Community Education. You may write one check per registration. Late registrations will be allowed if space allows. We do not send confirmations - you are automatically enrolled upon registration. Registration forms may be duplicated. Participants in the Adult Programs must be at least 18 years of age. Please visit our website at Medwayce.org.

Medway Community Education is excited to announce we are now accepting registrations through FamilyID. We believe signing up for our programs and activities should be easy, convenient, accurate, and secure for everyone. Enter your registration information once and use it again and again. No more wasted time filling out redundant forms! Visit Medwayce.org for more information.

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Poppy Fields
10 x 8 in.
Needle & Thread (Stitching)
Into canvas

This stitching piece is the second of a Van Gogh series I started in the summer of 2013. As a lot of my work would suggest, I tend to gravitate towards the colors and rhythmic style that Van Gogh used in his paintings. In the Poppy Fields piece I tried to use various textures and directions with the thread to create a similar fluid look. Rather than trying to mimic a master painter at his own craft, my goal is to use my own stylized technique to portray how I interrupt the original artwork.

The Mike Bernstein Memorial Art Scholarship is a loving tribute to Mike by his family and friends. Mike was a talented illustrator and graphic artist and loved his career in graphic design. He passed away much too young in 2005 after a long battle with cancer.

Scholarships are awarded each year to two Medway High School seniors pursuing degrees in graphic arts/design, photography or art. These scholarships are supported by the generosity of friends and family. It is with great pride and pleasure that Mike’s dream is kept alive by those who loved him.

The cover artist, Jill O’Rourke, was the recipient of the scholarship in 2008 and went on to the Art Institute of Boston at Lesley University. She graduated in 2012 with a Bachelor of Fine Arts.