



Franklin Public Schools  
Lifelong Learning Institute

## LIFELONG COMMUNITY LEARNING

**WINTER/  
SPRING  
2018  
COURSE  
OFFERINGS**

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FRANKLIN, MA 02038

PERMIT NO. 47

RESIDENT



Franklin Public Schools  
Lifelong Learning Institute

## LIFELONG COMMUNITY LEARNING

### WINTER/SPRING 2018 COURSE OFFERINGS

508-613-1480 OR [LCL@franklinps.net](mailto:LCL@franklinps.net)  
[WWW.FRANKLINLIFELONGLEARNING.COM](http://WWW.FRANKLINLIFELONGLEARNING.COM)

### REGISTRATION OPENS JAN. 3RD!

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



## LIFELONG LEARNING INSTITUTE

### Solutions Program

Providing enriching,  
educational and recreational  
opportunities before and  
after the traditional school  
day for grades K-7.

### Community Learning

Offering a variety of  
educational and interesting  
classes, programs and  
workshops for all area  
residents and children.

### Music Academy

After school group classes in  
Band, Chorus and Strings,  
plus private music lessons,  
and a 2-week summer  
music program.

### Summer Program

Four weeks of fun,  
enriching, and academically  
supportive summer classes  
for grades K-12.

*Providing educational experiences for community members of all ages.*

*Grades noted are those  
students will enter in  
Fall 2018*

## SUMMER PROGRAM 2018

– REGISTRATION OPENS JANUARY 31, 2018 –

*Complete details of  
each program can be  
found online.*

- ♦ Ready Set Kindergarten (K)
- ♦ Oceans of Fun (1)
- ♦ Solutions Summer Adventure (K–5)
- ♦ STAR Enrichment Classes (K–6)
- ♦ Summer Music Program (3–12)
  - ♦ Strings (4–9), Band (5–9), Glee (4–7), Elementary Rock Band (4–6), Elementary Musical (3–7), and Musical Theater (8–12)
- ♦ Summer Art Institute (6–12)
- ♦ Summer STEM Institute (1–9)
  - NEW!** ♦ Includes **Math Academy (1–8), Forensic Science (6–8), and More!**
- ♦ High School Experience (9)
- ♦ Common Application Bootcamp (12)
- ♦ Writing Your College Essay (12)

### KIDS' CORNER

*Where fun and learning meet!*



**Kids' Cooking Class – Grades 1–3:** In these 1 hour drop-off classes, students learn cutting, chopping, stirring, mixing, and teamwork! Held at FHS.  
**Session 1:** 6 Wednesdays, starting Jan. 10, 4:30–5:30 pm, \$145  
**Session 2:** 6 Wednesdays, starting March 14, 4:30–5:30 pm, \$145

**Kids' Cooking Class–Grades 4 & 5:** Students will learn more complex techniques like searing, sautéing, folding & more. At FHS.  
**Session 1:** 6 Wednesdays, starting Jan. 10, 5:45–6:45 pm, \$145  
**Session 2:** 6 Wednesdays, starting March 14, 5:45–6:45 pm, \$145

**Kids' Cooking Class – Grades 6–8:** Students will learn culinary terminology, more intricate knife skills and work with more sophisticated menus. Held at FHS.  
**Session 1:** 6 Mondays, starting Jan. 8, 6:30–7:30 pm, \$145  
**Session 2:** 6 Mondays, starting March 12, 6:30–7:30 pm, \$145

**Parent/Child Cooking Night – Grades 1-8 w/parent:** Learn some new cooking “together” skills and enjoy the fruits of your family labor! Thursday, April 26, 6:30–9:00 pm, \$25/person, FHS

**fungineers – Grades K-2:** Students work in teams to code robots using Edison's visual block-based programming language to perform a new challenge each week. 7 Wednesdays, starting Feb. 28, 3:30–4:30 pm, \$115, FHS

**Learn to Knit – Grades 4–7:** Knitting engages both sides of the brain, helps children with reading skills, plus there's a lot of math and problem solving! 6 Tuesdays, starting Feb. 6, 6:00–7:00 pm, \$100 (includes materials), FHS

### Parent/Child Painting Night – Grades 1-8

**w/parent:** Have a creative, fun night out together! Each person will paint their own canvas to take home. Thursday, May 17, 6:00–8:00 pm, \$20/person, FHS



**Internet & Social Media Safety for Students – Grades 6-8:** Learn to use social media safely from the Franklin Police Community Service Officer. Tuesday, March 20, 4:00–5:00 pm, \$10, FHS

**Scratch Video Game Design:** All-new activities for spring! Whether a first-timer or returning for another adventure, this class is just right for the inquisitive mind. Held at FHS.  
**GRADES 3 & 4:** 6 Thursdays, starting Feb. 8, 3:30–4:30 pm, \$110  
**GRADES 5 & 6:** 6 Thursdays, starting Feb. 8, 4:45–5:45 pm, \$110

**Yoga for Girls – Grades 2–5:** An introduction to yoga—we will build strength and flexibility and cover basic tenants of yogic mindfulness. 8 Tuesdays, starting Feb. 6, 4:00–5:00 pm, \$80, Tranquil Souls Yoga

**Mommy and Me Baby Yoga:** Use yoga to help strengthen your bond with baby as you enjoy their budding personality! This class is for newborn to pre-crawling with their caregiver. 8 Thursdays, starting Mar. 1, 11:00 am–12:00 pm, \$70, Tranquil Souls Yoga

**Kids' Beginner Italian – Grades 4 & 5:** Lively songs and playful games will be used to teach useful everyday phrases. Held at FHS.  
**Session 1:** 6 Wednesdays, starting Jan. 10, 4:30–5:30 pm, \$75  
**Session 2:** 6 Wednesdays, starting March 14, 4:30–5:30 pm, \$75

**Music Together – Ages Birth Thru 5 Yrs + Caregiver:** You and your child will sing, listen, experiment, play, and dance. 10 Fridays, starting April 6, 10:00–10:45 am, \$205, Franklin Music, Movement & Mindfulness



Register Online: [WWW.FRANKLINLIFELONGLEARNING.COM](http://WWW.FRANKLINLIFELONGLEARNING.COM)

*Community Learning opens Jan. 3rd. Summer opens Jan. 31st.*



DANCE, EXERCISE AND WELLNESS

**Community Walking:** Walk the indoor track at FHS! Free and open to the public. Now thru May, 24, 2018, Monday–Thursday, 5:30 PM–7:30 PM, when Lifelong Community Learning is in session.

**Community Walking Wellness Challenge:** Earn a chance to win a \$25 certificate toward a Lifelong Community Learning class by participating in this free challenge of 10,000 steps during Community Walking. Monday–Thursday, 5:30–7:30 PM, February 1–May 1, 2018.

**Introduction to Weightlifting for Women:** A step-by-step, beginner weightlifting class for women, teaching fundamentals in a friendly and supportive environment. RWL Weightlifting, 72 Grove St, Franklin. Signed waiver required.

**Session 1:** 8 Tuesdays, starting Jan. 30, 7:00–8:00 pm, \$120  
**Session 1:** 8 Thursdays, starting Feb. 1, 8:30–9:30 am, \$120  
**Session 2:** 8 Tuesdays, starting Mar. 27, 7:00–8:00 pm, \$120  
**Session 2:** 8 Thursdays, starting Mar. 29, 8:30–9:30 am, \$120

**Ladies Winter Snowshoe/Trek:** An invigorating group activity for the physically fit hiker in some wonderful local locations every week! First location: F. Gilbert Hills State Forest, Foxboro.  
**Session 1:** 6 Thursdays, starting Jan. 25, 9:45–11:00 am, \$25  
**Session 1:** 6 Saturdays, starting Jan. 27, 9:45–11:00 am, \$25  
**Session 2:** 6 Thursdays, starting Mar. 8, 9:45–11:00 am, \$25  
**Session 2:** 6 Saturdays, starting Mar. 10, 9:45–11:00 am, \$25

**Ladies Spring Light Hiking:** This class moves at a good pace – we’ll be looking for hills! First meeting location: F. Gilbert Hills State Forest, Foxboro.  
**6 Thursdays:** starting April 26, 9:45–11:00 am, \$25  
**6 Saturdays:** starting May 5, 9:45–11:00 am, \$25

**Meditation Workshops:** Join us for a blissful session of relaxation and meditation that will leave you refreshed and revitalized. Held at Tranquil Souls Yoga.  
**Session 1:** Sunday, April 8, 11:00 am–12:30 pm, \$25  
**Session 2:** Sunday, May 6, 11:00 am–12:30 pm, \$25

**Hatha Yoga:** This class is geared toward beginners who have never done yoga before or anyone looking for a more gentle approach to exercise.  
**14 Wednesdays (60-min):** starting Feb. 7, 7:45–8:45 pm, \$115, Parmenter Elem. Gym  
**14 Thursdays (75-min):** starting Feb. 8, 6:30–7:45 pm, \$155, Tranquil Souls Yoga

**Running Your First 5K:** Catered to beginners, workouts will be followed with stretching and advice about running and nutrition. 10 Thursdays, starting April 26, 6:30–7:30 pm, \$75, Pond Street Recreation Complex, Norfolk

**Yoga for Anyone:** Relieve the stresses of the day and get some good core workout moves, too. 14 Thursdays, starting Feb. 8, 6:30–7:30 pm, \$115, Kennedy Elementary

**Teen Yoga for Girls:** We will empower teenagers to become more self-aware and confident. Plus, they’ll gain a sense of well-being while developing strength and flexibility. 8 Tuesdays, starting Feb. 6, 3:00–4:00 pm, \$85, Tranquil Souls Yoga

**Vinyasa Flow Yoga:** This class helps improve strength, flexibility, balance, and mind/body connection through flowing movements. 14 Tuesdays, starting Feb. 6, 7:15–8:15 pm, \$115, Kennedy Elementary

**Zumba Basics:** Aerobic, dance-style exercise geared to active adults and beginners getting back into exercise. 10 Wednesdays, starting Feb. 7, 6:30–7:30 pm, \$82, Kennedy Elementary

**Zumba:** Zumba classes use the principles of fitness interval training and resistance training to maximize fat burning and total body toning.  
**14 Mondays:** starts Feb. 5, 6:30–7:30 pm, \$115, Kennedy Elem.  
**14 Wednesdays:** starts Feb. 7, 6:30–7:30 pm, \$115, Parmenter Elementary  
**14 Thursdays:** starts Feb. 8, 7:45–8:45 pm, \$115, Kennedy Elem.

PHOTOGRAPHY

**Wedding & Special Occasion Photography:** Be that special occasion photographer you always wanted to be! 3 Thursdays, March 15, 22, April 5, 6:30–9:00 pm, \$75, FHS

LANGUAGE

**Conversational Italian for the Traveler:** Learn about greeting, sightseeing, ordering food and shopping – Italian style! 8 Wednesdays, starting Feb. 7, 6:30–8:00 pm, \$80, FHS

BUSINESS

**Real Estate Buyer Seminar:** When, why, where, how much can you afford, for how long? We’ll discuss representation, pre-approvals and the process. Wednesday, March 21, 6:30–8:30 pm, \$20, FHS

CHILD CARE EDUCATION

**Emotionally Challenging Children: What to Look For and How to Help:** A professional development workshop for child care providers focused on potential challenges that a disruptive child may have. Thursday, March 8, 7:00–9:00 pm, \$25, FHS

ART & LEISURE

**Introduction to Ceramics:** Students will learn techniques for hand building clay objects (1st night) and glazing (2nd night). Held at FHS.  
**Session 1:** 2 Tuesdays, Feb. 6 & 27, 7:00–8:30 pm, \$50  
**Session 2:** 2 Tuesdays, March 6 & 20, 7:00–8:30 pm, \$50

**Knitting:** Designed for individuals who are new to knitting and for those who want a refresher course. 6 Thursdays, beginning Feb. 8, 7:00–8:30 pm, \$99 (includes materials for 1st project), FHS

**Plan With Me – Adult Edition:** Learn about personal planning system options such as Bullet Journaling, memory keeping, school agendas, planning ahead, and so much more! Tuesday, May 8, 6:30–8:30 pm, \$35, FHS

**Plan With Me – Teen Edition:** Discuss and review planner options designed to address your busy schedules including after school clubs & activities, practices & games, homework & more! Tuesday, May 15, 6:30–8:30 pm, \$35, FHS

**Watercolor:** This class welcomes both beginners and more experienced watercolorists. 5 Mondays, starting April 23, 6:30–9:00 pm, \$60, FHS

PUBLIC SAFETY / PERSONAL AWARENESS  
FOUND UNDER SPECIAL EVENTS

**Internet & Social Media Safety for Students Grades 6-8:** Learn to use social media safely from the Franklin Police Community Service Officer. Tuesday, March 20, 4:00–5:00 pm, \$10, FHS

**Basics of Internet Safety for Adults:** How do you avoid scammers, spammers and other bad guys on the Internet? You’ll find out! Monday, April 9, 7:00–8:00 PM, \$15, FHS

SPORTS

**Advanced Co-Ed Volleyball, Tuesdays:** An open, fun and competitive environment for experienced volleyball players. Yankee league rating of C or higher is recommended. 14 Tuesdays, starting Feb. 6, 7:00–10:00 pm, \$130, Horace Mann Gym

**Intermediate Co-Ed Volleyball, Mondays:** Build on your strong foundation in the basics of volleyball. 14 Mondays, starting Feb. 5, 7:00–10:00 pm, \$130, Horace Mann Gym

**Badminton:** The ideal sport for those who like to be kept on their toes! 14 Wednesdays, starting Feb. 7, 7:00–10:00 pm, \$130, Horace Mann Gym

**Basketball for Men:** 10 Tuesdays: starting March 20, 7:00–10:00 pm, \$95, Remington Gym. 14 Thursdays: starting Feb. 8, 7:00–10:00 pm, \$130, Horace Mann Gym

FOOD AND WINE

**Growing Herbs Inside, All Year Round:** See how easy growing your own indoor garden can be! Thursday, May 10, 6:30–8:30 pm, \$40, Grateful Farm

**Indian Street Food Demo & Tasting:** Indian Vegetarian Sloppy Joes, Samosas, and Pea Stuffed Potato Patties. Thursday, March 8, 6:30–9:00 pm, \$59, FHS

**Small Container, Big Garden:** Plant a beautiful, small container garden with your choice of organic herbs and salad greens. Thurs., May 3, 6:30–8:30 pm, \$40, Agway

**Valentine Chocolate & Wine Tasting\*** Join the Sugar Shoppe and Franklin Liquors to explore the world of decadent chocolate and 6 fabulous wine pairings. Tuesday, Feb. 6, 7:00–9:00 pm, \$20, Franklin Liquors

**Winemaking Partnership with La Cantina Winery\*** Learn the art of traditional Italian winemaking – and bring home your own case of wine! 4 Saturday afternoons, 1:00–3:00 pm, beginning mid-May (3 classes and 1 class 11 months later), \$230, La Cantina Winery

**Wine 101\*** Overcome the fear of ordering/buying wine and learn how to choose a bottle that fits your palate and your budget. Thursday, March 1, 6:30–8:00 pm, \$10, Pour Richard’s Wine & Spirits

**Wine Tasting Reception, Tour & Classic Oldies\*** Sample award-winning wines, delicious cheeses and fruits, plus take a tour of the winery and bring home a wine glass. Friday, May 4, 6:30–8:30 pm, \$25, La Cantina Winery

*\*Must be 21 or older to attend an event involving alcohol.*

SPECIAL EVENT—DAY SKI TRIP

**Saturday Ski Trip to Bretton Woods, NH:** Enjoy a Saturday on the slopes! Depart Franklin High School parking lot on a coach bus at 5:30 AM and depart Bretton Woods at 4:30 PM to return home. Saturday, March 3, \$109. Includes transportation and lift ticket.

**NOTE:** Individuals under 18 years of age must be accompanied by a parent or guardian.

ONLINE LEARNING

**Ed2go e-Learning Courses** Online instructor-facilitated, personal development and career training courses available anytime, anywhere, beginning at \$99. Go to our website and choose LIFELONG ONLINE LEARNING.

See website for registration policies and procedures, including a 10% senior discount.

**Still have questions?**  
**508-613-1480 –OR–**  
**LCL@franklinps.net**