



LIFELONG COMMUNITY LEARNING WINTER / SPRING 2020

REGISTER ONLINE STARTING DEC. 2, 2019:
WWW.FRANKLINLIFELONGLEARNING.COM

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



*Where fun and
learning meet!*

Babysitting Certification, Ages 11+: Students will increase their confidence and skills while learning appropriate care for infants and children. 10:00 am–2:00 pm, \$90, Franklin YMCA, 45 Forge Hill Rd. Winter: Friday, Feb. 21. Spring: Friday, Apr. 24.

Stop-Motion Animation Using LEGO® Bricks, Grades 2–4: Participants will plan out their own LEGO® adventure to build and film, one frame at a time. Create your own 20-30 second film! 6 Thursdays, starting Jan. 23, 4:00–5:30 pm, \$135, FHS.

fungineers

Coding with JavaScript: Drawing & Animation, Grades 5–7: JavaScript is an easy coding language that is very powerful. Learn to create drawings and animations for websites, apps, or games. 8 Thursdays, starting Mar. 19, 4:00–5:30 pm, \$175, FHS.

Kids' Beginner French, Grades 4–5: Students will develop language skills through structured, themed activities. 6 Tuesdays, starting Jan. 14, 4:30–5:30 pm, \$79, FHS.

Kids' Beginner Italian, Grades 4–5: Lively songs and playful games will be used to teach useful everyday phrases. 6 Wednesdays, starting Jan. 8, 4:30–5:30 pm, \$79, FHS.

Kids' Intermediate Italian, Grades 4–6: Using structured, themed activities, students will expand their existing knowledge. 6 Wednesdays, starting Mar. 4, 4:30–5:30 pm, \$79, FHS.



Kids' Basic Spanish, Grades 3–6: Learn basic Spanish vocabulary, sentence structure, and pronunciation using stories, songs, and games. 6 Wednesdays, 6:00–7:00 pm, \$79, FHS. Winter: starting Jan. 15. Spring: starting Mar. 25.



Parent & Child Painting Night, Grades 3–7: Spend a night out together and have some creative fun! Each person will paint and take home their own masterpiece (pictured at left). Wednesday, May 13, 5:45–8:00 pm, \$25 per person, FHS.

Kids' Cooking Classes: 6 Wednesdays per session, \$150 per session, FHS. Winter session starts Jan. 8. Spring session starts Mar. 4.
Kids' Corner aprons: +\$11.99 each.



- Grades 1–3, 4:00–5:00 pm. Students begin to develop their skills: cutting, chopping, stirring, mixing, and teamwork!
- Grades 4–5, 5:15–6:15 pm. Students learn more complex techniques like searing, sautéing, folding, and more.
- Grades 6–8, 6:30–7:30 pm. Students learn culinary terminology, more intricate knife skills, and more sophisticated menus.

RWL Fit Kids, Grades 4–7: These classes emphasize safe, active play as well as teamwork and good sportsmanship. 4:00–5:00 pm, \$75 per session, RWL Weightlifting, 72 Grove St. **TUESDAYS:** 6 weeks starting Jan. 14 or Mar. 10. **THURSDAYS:** 6 weeks starting Jan. 16 or Mar. 12.

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



This class will help your middle schooler understand that when they share photos, videos, links, and personal information with their friends, they may also be sharing with strangers. Wednesday, Mar. 25th, 4:30–5:30 pm, FREE (registration required), FHS.

Drawing Explorations, Grades 2–5: Students will explore drawing from observation, drawing from memory, and drawing from imagination in order to create unique artwork each week with a variety of drawing materials. 6 Thursdays, starting Jan. 16, 3:30–4:30 pm, \$90 (includes materials), FHS.



See last page for February vacation classes!

Register Online: WWW.FRANKLINLIFELONGLEARNING.COM

See website for registration policies, including a 10% senior discount. Some restrictions apply. Plus, sign up for emails!

EXERCISE AND WELLNESS

Community Walking: Walk the indoor track at FHS! Free and open to the public thru May 21, Mon-Thu, 5:30–7:30 pm, when Lifelong Community Learning is in session. **Annual Registration Required.**

Introduction to Weight Training for Women: A step-by-step beginner's weight training class for women, teaching fundamentals in a supportive environment. \$120 per session, RWL Weightlifting, 72 Grove St. Signed waiver required. **TUESDAYS 7:00–8:00 pm –OR– THURSDAYS 6:00–7:00 pm.** Winter Session: 8 Tuesdays, starting Jan. 14 –OR– 8 Thursdays, starting Jan. 16. Spring Session: 8 Tuesdays, starting Mar. 10 –OR– 8 Thursdays, starting Mar. 12.



Ladies Snowshoe/Trek: Join this invigorating winter class for the physically fit hiker! 9:45–11:00 am, \$25 per session. First location: F. Gilbert Hills State Forest, Foxboro. Early Winter: 6 Thursdays, starting Jan. 9 –OR– 6 Saturdays, starting Jan. 4. Late Winter: 6 Thursdays, starting Feb. 27 –OR– 6 Saturdays, starting Feb. 29.



Happy Dog Hike: Let's get together for some fresh air and a hike through the woods with your dog! 9:45–11:00 am, \$25 per session. First location: F. Gilbert State Forest, Foxboro. Early Winter: 6 Wednesdays, starting Jan. 8. Late Winter: 6 Wednesdays, starting Feb. 26. Spring: 6 Wednesdays, starting Apr. 29.

Run Your First 5K: If you've ever thought about becoming a runner or running again after taking years off, here is your opportunity! Workouts will be followed with stretching and advice about running and nutrition. 10 Thursdays, starting Apr. 23, 6:00–7:30 pm, \$75, Pond Street Recreation Complex, Norfolk.



Ladies' Light Hiking: Hiking is fantastic exercise as well as a great way to explore new places. 9:45–11:00 am, \$25 per session. First location: F. Gilbert Hills State Forest, Foxboro. 6 Thursdays, starting Apr. 30 –OR– 6 Saturdays, starting May 2.



Hatha Yoga: This class is geared toward yoga beginners or anyone looking for a more gentle approach to exercise. 8:00–9:00 pm, Tranquil Souls Yoga, 15 E. Central St. WINTER: 7 weeks, \$77, Wednesdays starting Jan. 8 –OR– Thursdays starting Jan. 9. SPRING: 10 weeks, \$110, Wednesdays starting Mar. 11 –OR– Thursdays starting Mar. 12.



Tai Chi: An ancient martial arts practice, Tai Chi has its roots in health, wellbeing, and spirituality. Its benefits are numerous and life changing. 7:45–8:45 pm, Kennedy Elementary School. Winter: 7 Mondays, starting Jan. 6, \$65. Spring: 10 Mondays, starting March 9, \$90.

Teen Yoga for Girls: This class will empower teenagers to become more self-aware and confident, while developing strength and flexibility. 5:00–6:00 pm, \$90 per session, Tranquil Souls, 15 E. Central St. Winter: 8 Tuesdays, starting Jan. 7. Spring: 8 Tuesdays, starting Mar. 17.



Vinyasa Flow Yoga: A series of yoga postures connected through flowing movements, Vinyasa Flow Yoga helps to connect breath, mind, and body. Tuesdays, 6:30–7:30 pm, Kennedy Elementary School. Winter: 7 weeks, starting Jan. 7, \$65. Spring: 10 weeks, starting Mar. 10, \$90.

Yoga For Anyone: Relieve the stresses of the day and get some good core workout moves, too. Thursdays, 6:30–7:30 pm, Kennedy Elementary School. Winter: 7 weeks, starting Jan. 9, \$65. Spring: 10 weeks, starting Mar. 12, \$90.

Zumba: Using the principles of interval and resistance training, Zumba burns calories and fat, and tones your body. 6:30–7:30 pm, Kennedy Elementary School. WINTER: 7 weeks, \$65, Mondays starting Jan. 6 –OR– Wednesdays starting Jan. 15. SPRING: 10 weeks, \$90, Mondays starting Mar. 16 –OR– Wednesdays starting Mar. 18.



ARTS AND CRAFTS

The Art of Acrylic Painting: Learn basic techniques, plus explore color and texture and how they interact. 10 Thursdays, starting Jan. 9, 6:30–9:00 pm, \$115, FHS.



Hand Built Pottery, A Two-Night Workshop: Spend two evenings molding and glazing clay into unique ceramic creations. 2 Tuesdays, Apr. 7 and Apr. 28, 7:00–8:30 pm, \$65 (includes materials, glazing, and kiln fees), FHS.

Acrylic Art Mini Series: Create a separate piece during each of the five weeks, one piece for each season of the year plus a still life or a creation of your own. 5 Thursdays, starting Apr. 30, 6:30–9:00 pm, \$65, FHS.



Watercolor PLUS: Beginning watercolorists will learn the basics while more experienced watercolorists can enhance their skill and style at their level of watercolor. 10 Mondays, starting Jan. 6, 6:30–9:00 pm, \$115, FHS.

Watercolor 5-Week Class: Join this art class and receive one-on-one attention. Immerse yourself in your own creations! 5 Mondays, starting Apr. 6, 6:30–9:00 pm, \$65, FHS.



LIFESTYLE AND CULTURE

The Basics of English as a Second Language: For adult learners who want to develop a solid knowledge of English listening, reading, and writing skills in a welcoming environment. 8 Thursdays, starting Jan. 16, 6:30–8:00 pm, \$100, FHS.

Conversational Italian for the Traveler: Learn travel basics needed for greetings, sightseeing, ordering food, and shopping—Italian style! 8 Wednesdays, starting Feb. 5, 6:30–8:00 pm, \$90, FHS.



Using Google To Learn About Your Wine: We will show you how to find industry secrets about your wine, explore wine content, availability, and more. Tuesday, Mar. 24, 7:00–9:00 pm, \$25, Franklin Liquors, 363 E. Central St.



All About Organic Wines: Do you care about the food you eat? Why not your wines? Come educate yourself! Tuesday, April 14, 7:00–9:00 pm, \$25, Franklin Liquors, 363 E. Central St.

Quick, Easy, and Healthy Weeknight Meals: Never suffer from menu and dinner dilemma again with these weeknight creations. Chef Colin will show you how to prepare healthy options that are faster than waiting for takeout. Thursday, March 5, 6:00–7:30 pm, \$35, FHS.

SPOTLIGHT EVENT!

Cinco de Mayo Mexican Quick Bites: In this educational cooking demonstration, discover delicious appetizer ideas perfect for any fiesta! Instructor Guadalupe Rivera-Franco will show you some easy crowd-pleasing appetizers and small bites that are perfect any size gathering. Plus, you'll learn how to make tortilla dough to use in various quick bites. Thursday, Apr. 16, 7:00–9:00 pm, \$35, FHS.



ONLINE LEARNING

Ed2go Online e-Learning Courses
bit.do/LCLonline



Lifelong Community Learning offers online personal development and career training certification courses in partnership with Ed2go. These online courses are designed to give you the latest in learning and to provide the skills necessary to acquire professional caliber positions in many in-demand occupations. Our instructor-facilitated courses are available anytime, anywhere.

NOTE: All Community Learning courses, except Kids' Corner, are for adults age 18+ unless otherwise noted.

TEAM SPORTS

Advanced Co-Ed Volleyball: An open, fun, and competitive environment for experienced volleyball players with Yankee league rating of C or higher. 14 Tuesdays, starting Feb. 4, 7:00–10:00 pm, \$139, Horace Mann M.S. Gym.



Intermediate Co-Ed Volleyball: Build on your strong foundation in the basics of volleyball. 14 Mondays, starting Feb. 3, 7:00–10:00 pm, \$139, Horace Mann M.S. Gym.



Badminton: The ideal sport for those who like to be kept on their toes! 14 Wednesdays, starting Feb. 5, 7:00–10:00 pm, \$139, Remington M.S. Gym

Basketball for Men: 10 Tuesdays, starting Mar. 17, 7:00–10:00 pm, \$99, Remington M.S. Gym, —OR— 14 Thursdays, starting Feb. 6, 7:00–10:00 pm, \$139, Horace Mann M.S. Gym.



WORKSHOPS AND SPECIAL EVENTS

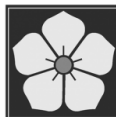
Women's Self-Defense Workshop (ages 16–65):

Franklin Police Officers will discuss risk reduction and avoidance, situational awareness, how to trust your intuition, and basic hands-on self-defense techniques. They will also include the Rape Aggression Defense (RAD) System. 3 Mondays, April 6, 13, and 27, 6:00–9:00 pm each night, FHS. FREE – REGISTRATION REQUIRED.



Becoming a Dementia Friend:

Learn how to be part of a Dementia Friendly Community, where people with Dementia feel safe, supported, and respected. Wednesday, May 13, 6:00–7:00 pm, FHS. FREE – REGISTRATION REQUIRED.



Mindful Teachers/Mindful Children, A Social-Emotional

Skills Workshop: Research shows that mindfulness helps children be more attentive, less anxious, and better able to handle their emotions and self-regulation. In this workshop, learn various skills to help students be more present and focused. Tuesday, April 28, 7:00–9:00 pm, \$25, FHS.



Getting Paid to Talk: Making Money with Your Voice:

Join us for a fun and enlightening evening that offers up great information about the field of voice acting. The class is taught by *Voice Coaches*, a member of the Voice and Speech Trainers Association and the American Society for Training and Development. Wednesday, March 4, 6:00–9:00 pm, \$35, FHS.



Enhancing Your Economic Security, Special One Night

Expert Panel Discussion: Thursday, May 7, 6:00–7:30 pm, FHS. FREE – REGISTRATION REQUIRED.
See last page for all the details.





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COMMUNITY LEARNING
REGISTRATION
OPENS DEC. 2, 2019

FRANKLINLIFELONGLEARNING.COM

SUMMER PROGRAM
REGISTRATION
OPENS JAN. 29, 2020

Enhancing Your Economic Security *Special One-Night Expert Panel Discussion*

Thursday, May 7, 6:00–7:30 pm, FHS
FREE – REGISTRATION REQUIRED



Whether you are part of the “Sandwich Generation” caring for both your children and your parents, or just trying to plan your next life stage, we’ve got you covered with this interactive panel discussion. We will discuss how to find a balance between competing financial priorities, help you plan ahead, and give you ways to cope with current obligations as well as future possibilities. After the presentation, participants will have an opportunity to meet the panelists one-on-one while refreshments are served.



Panel members will include a senior services expert, a financial advisor, a realtor, an investment manager, an attorney, and a visiting nurse practitioner.



What is Your Student Doing During February Vacation?

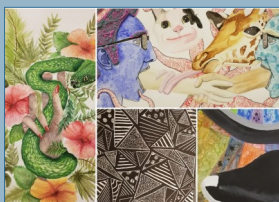
Kids' February Vacation Cooking Camp,

Grades 4–7: Students will enhance their kitchen skills and learn various techniques while they make simple Italian, American, and Mexican meals. Tuesday–Thursday, February 18–20, 9:00 am–12:00 pm, \$225, FHS.



Kids' February Vacation Paint Class,

Grades 4–7: What a great way to spend an afternoon and have some creative fun! Students will each paint and take home their own piece (pictured). Thursday, Feb. 20, 12:30–3:30 pm, \$65 (includes materials), FHS.



Lifelong Summer Program

***** Registration Opens Jan. 29, 2020 *****

**A variety of one and two week programs
for students entering grades K-12**

- Ready. Set. Kindergarten!
- STAR Enrichment Classes
- Solutions Summer Adventure
- Summer Art Institute
- Summer STEM Institute
- Summer Music Program
- High School Experience
- College Prep Classes

