



LIFELONG COMMUNITY LEARNING FALL 2019 COURSE OFFERINGS

REGISTER ONLINE:

WWW.FRANKLINLIFELONGLEARNING.COM

508-613-1480 OR LCL@franklinps.net

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



WORKSHOPS AND SPECIAL EVENTS



CPR & First Aid Certification for Adults:

Basic CPR: Students learn how to recognize a life-threatening emergency, how to provide basic life support, and what to do in case of an airway

obstruction or choking. **First Aid:** Students develop basic first aid knowledge, skills, and the confidence to respond. Friday, November 29. Both Classes (\$70): 2:00–5:00 pm, CPR only (\$50): 2:00–4:00 pm. Franklin YMCA, 45 Forge Hill Rd.

Covering The Child Care Bases, 3-Part Workshop: Saturday, Nov. 16, registration 8:30 am, class 8:45 am–1:00 pm, \$75, FHS.

(1) 8:45–10:00 am: Supporting the Anxious Child. Explore anxiety in children and its impact on behavior. Learn how to recognize anxiety, the questions to ask, and strategies to help a child manage their worries.

(2) 10:15–11:30 am: What is Your “Personality”? Evaluating Soft Skills in the Workplace. Discuss the different personalities that play into social success at work, and address teamwork, conflict resolution, and problem-solving strategies.

(3) 11:45 am–1:00 pm: Shh! This Is the Library: How to Deal with Clients and Customers with Challenging Public Behaviors. Discuss how to look beyond the actual behavior to what needs the client may actually have, plus tips and strategies to help defuse client behaviors or challenging situations.

Nature Photography Made Easy! (outdoor workshop): This hands-on field trip will teach basics of finding good light, using best angles, lens selection, filters, DSLR camera techniques, composition, and more.

Equipment requirements listed online. Saturday, October 19, 9:00–12:00 pm, \$50, Del Carte Conservation Area, 459 Pleasant St.

Message from Spirits: A Mediumship Experience: Learn about spirits and mediumship. Some attendees will even make connections! Thursday, November 14, 7:00–9:00 pm, \$40, FHS.



SEE INSIDE FOR KIDS' CORNER CLASSES!

Cooking & Baking With Fresh Herbs: Add spark and flavor to everything from soup to nuts (literally)! Plus, learn tips on buying and storing fresh herbs. Thursday, Oct. 24, 6:30–8:00 pm, \$35, FHS.



Women's Self-Defense 3-Night 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. Mondays, October 7, 21, and 28, 6:00–9:00 pm each night, Franklin High School, 218 Oak Street. **FREE – REGISTRATION REQUIRED.**



Newport Mansions Tour for the Holidays: Tour the beautiful Breakers Mansion and the Elms Mansion in December, just in time to see their Holiday decorations! Relax in our comfortable coach bus to and from Newport. You will also enjoy a delicious lunch at one of Newport's many restaurants. Sunday, December 8, 7:45 am–4:45 pm, depart from FHS. Price is yet to be determined. Check website.



Cupcake Baking & Frosting for Adults: Learn a delicious and versatile cupcake recipe and how to take your icing and decorating to a higher level with piping techniques and fondant. NOTE: Kids' Creative Cupcake class available in Kids' Corner. Tuesday, Nov. 19, 6:30–8:00 pm, \$50, FHS.



Become a Wine “Expert” In 2 hours! Learn the basics of wine myths, food pairing, buying, storing, grapes, regions, and so much more. Tuesday, Oct. 22, 7:00–9:00 pm, \$25, Franklin Liquors, 363 E. Central St.

Exploring Spanish Wines: We will explore the regions, laws, grapes, terms, and more of this “Old World” region. Tuesday, Nov. 12, 7:00–9:00 pm, \$25, Franklin Liquors, 363 E. Central St.



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, Sep. 9, 2019 thru May 21, 2020, Mon-Thu, 5:30–7:30 pm, when Lifelong Community Learning is in session.

New: Annual Registration Required.



Introduction to Weight Training for Women:

A step-by-step beginner weight training class for women, teaching fundamentals in a friendly and supportive environment. \$120 per session, RWL Weightlifting, 72 Grove St. Signed waiver required. TUESDAYS 7:00–8:00 pm –OR– THURSDAYS 8:30–9:30 am. Fall Session 1: 8 Tuesdays, starting Sep. 10 –OR– 8 Thursdays, starting Sep. 12. Fall Session 2: 8 Tuesdays, starting Nov. 5 –OR– 8 Thursdays, starting Nov. 7.

Ladies' Light Hiking: This class moves at a good pace—we'll be looking for hills! 9:45–11:00 am, \$25 per session. First location: F. Gilbert Hills State Forest, Foxboro. Fall Session 1: 6 Thursdays, starting Sep. 12 –OR– 6 Saturdays, starting Sep. 7. Fall Session 2: 6 Thursdays, starting Oct. 31 –OR– 6 Saturdays, starting Nov. 2.



Mindfulness Workshop: Learn what meditation is, experience the benefits of meditation practice, and explore several techniques. Sunday, Sep. 22, 11:00 am–2:00 pm, \$75, Tranquil Souls Yoga, 15 E. Central St.



Hatha Yoga: This class is geared toward beginners who have never done yoga before or anyone looking for a more gentle approach to exercise. 10 weeks, 8:00–9:00 pm, \$110 per session, Tranquil Souls Yoga, 15 E. Central St. Wednesdays starting Sep. 25, or Thursdays starting Sep. 19.

Tai Chi: Proper tai chi practice enlivens every cell in our bodies resulting in health and lightness in body, mind, and spirit.

10 Mondays, starting Sep. 16, 7:45–8:45 pm, \$90, Kennedy Elementary, 551 Pond St.

Teen Yoga for Girls: This class will empower teenagers to become more self-aware and confident, while developing strength and flexibility. 8 Tuesdays, starting Sep. 24, 5:00–6:00 pm, \$90, Tranquil Souls Yoga, 15 E. Central St.



Vinyasa Flow Yoga: This class contains a series of yoga postures connected through flowing movements, helping to connect breath, mind, and body. 10 Tuesdays, starting Sep. 24, 6:30–7:30 pm, \$90, Kennedy Elementary, 551 Pond St.

Yoga for Anyone: Relieve the stresses of the day and get some good core workout moves too. 10 Thursdays, starting Sep. 19, 6:30–7:30 pm, \$90, Kennedy Elementary, 551 Pond St.

Zumba: Zumba classes use the principles of fitness interval training and resistance training to maximize fat burning and total body toning. 10 weeks, 6:30–7:30 pm, \$90, Kennedy Elementary, 551 Pond St. Mondays starting Sep. 16, or Wednesdays starting Sep. 25.



Baby & Toddler Swim Lessons—Stage A (ages 6-36 months with adult):

The Franklin YMCA has been teaching children how to be safe around water for decades. This class is for kids who are not quite yet able to respond to verbal cues. Fridays 9:15–9:45 am, or Saturdays 10:00–10:30 am, or Sundays 9:40–10:10 am, beginning September 13, Franklin YMCA, 45 Forge Hill Rd. \$96 per month for up to 4 classes per month.

ARTS AND CRAFTS

The Art of Acrylic Painting:

Learn about color theory, complementary colors, and different painting techniques. 10 Wednesdays starting

Sep. 11, 6:30 to 9:00 pm, \$115, FHS.



Hand Built Pottery, A Two-Night Introduction:

Night 1: Mold clay using hands-on techniques such as coil, slab, pinch, and textures. Night 2: Explore various glazing techniques on your pottery. 2 Tuesdays, Oct. 1 and Oct. 22, 7:00–8:30 pm, \$55, FHS.

Knitting 101:

Learn the importance of gauge, the intricacies of working with various yarn, the range of knitting needle options, and other helpful tools. 5 Tuesdays, starting Sept. 24, 6:00–7:30 pm, \$90, FHS.



Knitting 102:

Explore lace knitting and learn to use double pointed needles to make socks. Optional: Bring completed projects for an in-class viewing/critique. *Completing Knitting 101 is not a requirement for this class.* 5 Tuesdays, starting Nov. 12, 6:00–7:30 pm, \$90, FHS.

Watercolor PLUS:

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



ONLINE LEARNING: Ed2go Online e-Learning Courses: Online instructor-facilitated, personal development, career training, and certification courses starting at \$109. Choose LIFELONG ONLINE LEARNING.

LIFESTYLE AND CULTURE

Ballroom Dancing & Latin Level 1: Learn ballroom dances such as the cha-cha, rumba, tango, waltz, and swing. Work on basic steps, technique, partner work, rhythm, and more. 10 Thursdays, starting Sep. 19, 7:45–8:45 pm, \$110, Kennedy Elementary School.



Bridge for Beginners: Lay the foundations of solid bidding and learn play of the hand in an easy to follow and entertaining format. 8 Tuesdays, starting Sep. 17, 6:30–8:30pm, \$125, FHS.



Introduction to English as a Second Language: Conversational English instruction for adult learners who want to improve their English language comprehension in a welcoming environment. 8 Thursdays, starting Oct. 3, 6:30–8:00 pm, \$100, FHS.

Conversational Italian for the Traveler: Learn about greeting, sightseeing, ordering food, and shopping—Italian style! 8 Wednesdays, starting Sep. 25, 6:30–8:00 pm, \$90, FHS.

TEAM SPORTS

Advanced Co-Ed Volleyball: An open, fun, and competitive environment for experienced volleyball players. Yankee league rating of C or higher. 14 Tuesdays, starting Sep. 24, 7:00–10:00 pm, \$139, Horace Mann Gym.



Intermediate Co-Ed Volleyball: Build your strong foundation in the basics of volleyball. 14 Mondays, starting Sep. 9, 7:00–10:00 pm, \$139, Horace Mann Gym.



Badminton: The ideal sport for those who like to be kept on their toes! 14 Wednesdays, starting Sep. 25, 7:00–10:00 pm, \$139, Remington Middle School, 628 Washington St.

Basketball for Men: 10 Tuesdays, starting Sep. 24, 7:00–10:00 pm, \$99, Remington Middle School, 628 Washington St. —OR— 14 Thursdays, starting Sep. 12, 7:00–10:00 pm, \$139, Horace Mann Gym.



Where fun and learning meet!

Babysitting Certification, Ages 11+: Students will learn appropriate care for infants and children, and increase their confidence and skills. Friday, Nov. 29, 10:00 am–2:00 pm, \$90, Franklin YMCA, 45 Forge Hill Rd.

Kids' Creative Cupcakes, Grades 4–7: Students learn an adaptable cupcake recipe, how to stuff cupcakes, and practice decorating with their own icing. Each student will leave with their own box of cupcakes. Saturday, Nov. 16, 9:30–11:00 am, \$50, FHS.

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. Bring home your own 20-30 second film! 6 Thursdays, starting Sep. 26, 4:00–5:30 pm, \$135, FHS.



Home Safety & Security for Kids, Grades 1–5: Led by Franklin Police Community Service Officers, children learn the basics of being safe when home alone for short periods of time. Thursday, Nov. 14, 4:00–5:00 pm, FHS. FREE—REGISTRATION REQUIRED.

Kids' Beginner French, Grades 4–5: Students will develop language skills through structured, themed activities that emphasize speaking and listening. 6 Tuesdays, starting Sep. 24, 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 Sep. 18, 4:30–5:30 pm, \$79, FHS.

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



Kids' Basic Spanish, Grades 3–5: Learn basic Spanish vocabulary, sentence structure, and pronunciation using children's stories, songs, and games. 6 Wednesdays, starting Sep. 18, 6:00–7:00 pm, \$79, FHS.

Kids' Cooking Classes:

6 Wednesdays per session, \$150 per session, FHS. Fall sessions start Sep. 18 or Nov. 6.

Kids' Corner aprons: +\$11.99 each.

Grades 1–3, 4:30–5:30 pm: Students begin to develop their skills: cutting, chopping, stirring, mixing, and teamwork!

Grades 4–5, 5:45–6:45 pm: Students learn more complex techniques like searing, sautéing, folding, and more.

Grades 6–8, 7:00–8:00 pm: Students learn culinary terminology, more intricate knife skills, and more sophisticated menus.



Parent & Child Painting Night, Grades 3–7:

Have a night out together and have some creative fun! Each person will paint their own canvas and take home their own masterpiece. Thursday, Oct. 10, 5:45–8:00 pm, \$25 per person, FHS.

Elementary Drawing with Young Rembrandts, Grades K–5:

Students will complete one new drawing each week and participate in an art history lesson. 6 weeks per session, 3:30–4:30 pm, \$110 per session, FHS. Session 1: starting Sep. 18. Session 2: starting Nov. 6.



RWL Fit Kids, Grades 4–7: These classes emphasize safe, active play based on age-appropriate games and instill the values of fair-play, teamwork, and good sportsmanship. 6 Thursdays, starting Sep. 19, 5:00–6:00 pm, \$75, RWL Weightlifting, 72 Grove St.

Teen Yoga for Girls: This class will empower teenagers to become more self-aware and confident, while developing strength and flexibility. 8 Tuesdays, starting Sep. 24, 5:00–6:00 pm, \$90, Tranquil Souls Yoga, 15 E. Central St.

