



**Lifelong
Learning
INSTITUTE**

FRANKLIN PUBLIC SCHOOLS

LIFELONG COMMUNITY LEARNING

SPRING 2019 COURSE OFFERINGS

508-613-1480 OR LCL@franklinps.net

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!*

The Power of Drawing with Young Rembrandts—Grades 1-4:

Students will complete one new drawing each week and participate in an art history lesson each month. 6 Tuesdays, starting March 5, 3:30–4:30 pm, \$105, FHS.



Cartoon Fun with Young Rembrandts—Grades 3-5:

Students will learn how to create new cartoon characters; draw action, movement, and sound; and much more. 6 Tuesdays, starting April 23, 3:30–4:30 pm, \$105, FHS.

Engineering Design Challenge—Grades 5-6:

Students will learn how to think scientifically, critically, and creatively while performing STEM challenges and having fun! 6 Thursdays, starting March 7, 3:30–5:00 pm, \$105, FHS.



Kids' Beginner French—Grades 4–5: These fun and lively classes will develop language skills through themed activities. 6 Tuesdays, starting February 26, 4:30–5:30 pm, \$75, FHS.

Kids' Beginner Italian—Grades 4–5: Lively songs and playful games will be used to teach useful everyday phrases. 6 Wednesdays, starting Feb. 27, 4:30–5:30 pm, \$75, FHS.

Kids' Beginner Italian & More—Grades 4–5: For beginners or returning students, learn animal names, colors, numbers, expressions, and more while drawing, coloring, and playing games.

6 Wednesdays, starting April 24, 4:30–5:30 pm, \$75, FHS.



RWL Fit Kids – Grades 4–7: These classes emphasize safe, active play and the values of fair-play, teamwork, and good sportsmanship. 6 Thursdays, starting April 4, 4:00–5:00 pm, \$75, RWL

Weightlifting, 72 Grove St.

Kids' Cooking Classes

Sessions start Feb. 27 and Apr. 24. 6 Wednesdays per session, \$150 per session, FHS. *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 work with more sophisticated menus.



Kids' February Vacation Cooking Camp—Grades 4–7: Every day, students will make and eat delicious foods while learning various cooking techniques. Tuesday thru Friday, February 19–22, 9:00 am–12:00 pm, \$299, FHS.

Parent & Child Cooking Night—Grades 1–8: Cook together and enjoy the fruits of your family labor! Make raviolis with a light sauce, tossed salad, and homemade cupcakes. Thursday, April 25, 6:30–9:00 pm, \$25 per person, FHS.



Parent & Child Painting Night—Grades 3–7: It's good to enjoy some creative time with the ones you love! Each person will paint their own canvas to take home. Bird house shown at left is the painting that will be done. Thursday, April 11, 5:45–8:30 pm, \$25 per person, FHS.

Learn to Knit for Kids—Grades 4–7: Knitting engages both sides of the brain and helps with reading skills, math, and problem solving! 6 Tuesdays, starting March 5, 5:00–6:00 pm, \$100, FHS.

Yoga for Girls & Boys—Grades 1–4: Learn yoga postures and techniques to build self-confidence and strong, fit bodies. 8 Tuesdays, starting March 12, 4:00–5:00 pm, \$85, Tranquil Souls Yoga, 15 East Central St.



Register Online:

WWW.FRANKLINLIFELONGLEARNING.COM

SAFETY SERIES WORKSHOPS FOR KIDS

Internet & Social Media Safety for Students—Grades 6–8: Learn to use social media safely from a Franklin Police Community Service Officer. Wednesday, March 27, 6:00–7:30 pm, FHS. FREE—registration required.

YMCA Lifeguard Certification—Ages 16+: A 3-day, immersive course. Students will become pool-certified lifeguards. Must be 16 by last class date. April 17–19, 9:00 am–5:00 pm, \$300/YMCA members, \$450/non-members, Franklin YMCA, 45 Forge Hill Rd.

American Red Cross Babysitting Certification—Ages 11–14: Students will learn appropriate care for infants and children, suitable activities, and what to do in an emergency. Wednesday, April 17, 9:00 am–4:30 pm, \$125, FHS.

Ski Trip—Mt. Washington, Bretton Woods, NH (all ages): Saturday, March 2, 5:30 am–7:30 pm, \$125. Pick-up/drop-off at FHS. Fare includes lift ticket & bus transportation. Equipment rentals additional. Under 18 must be with a parent or guardian.



Register Online: WWW.FRANKLINLIFELONGLEARNING.COM

See website for registration policies and procedures, including a 10% senior discount. Plus, sign up for emails!

DANCE, EXERCISE, AND WELLNESS

Community Walking: Walk the indoor track at FHS! Free and open to the public through May 23, 2019. Mon-Thu, 5:30–7:30 pm, when Community Learning is in session.

Becoming a Dementia Friend—An Introduction: Learn how to be part of a Dementia Friendly Community, where people with Dementia feel safe, supported, and respected. Wednesday, March 13, 6:00–7:00 pm, FHS. FREE—registration required.

Introduction to Weight Training for Women: A step-by-step beginner weight training class for women. \$120 per session. NOTE: Signed waiver required. TUESDAYS: 7:00–8:00 pm, 8 weeks, starting March 26. THURSDAYS: 8:30–9:30 am, 8 weeks starting April 4.

Ladies Snowshoe/Trek—Late Winter 2019: An invigorating activity for the physically fit hiker. 9:45–11:00 am, \$25 per 6-week session. First location: F. Gilbert Hills State Forest, Foxboro. THURSDAYS: 6 weeks, starting March 7. SATURDAYS: 6 weeks, starting March 9.

Running Your First 5K: Catered to beginners, workouts will include stretching and advice about running and nutrition. 10 Thursdays, starting April 25, \$75, Pond Street Recreation Complex, Norfolk.

Ladies' Light Hiking: This class moves at a good pace – we'll be looking for hills! 9:45–11:00 am, \$25 per 6-week session. First location: F. Gilbert Hills State Forest, Foxboro. THURSDAYS: 6 weeks, starting May 2. SATURDAYS: 6 weeks, starting May 4.

Mindfulness - A Four-Week Series: Learn what meditation is, experience the benefits of a meditation practice, and explore several meditation techniques. 4 Sundays, starting March 3, 10:30–11:30 am, \$100, Tranquil Souls Yoga, 15 E. Central St.



Hatha Yoga: Geared toward beginners who have never done yoga before or anyone looking for a more gentle approach to exercise. Wednesdays at Parmenter Elementary: 7:45–8:45 pm, 10 weeks, starting March 13, \$80. Thursdays at Tranquil Souls Yoga: 8:00–9:00 pm, 10 weeks, starting March 21, \$100.

Teen Yoga for Girls: We will empower teenagers to become more self-aware and confident, while developing strength and flexibility. 8 Tuesdays, starting March 12, 5:00–6:00 pm, \$88, Tranquil Souls Yoga, 15 E. Central St.

Vinyasa Flow Yoga: This class helps improve strength, flexibility, balance, and mind/body connection through flowing movements. 10 Tuesdays, starting March 19, 6:30–7:30 pm, \$80, Kennedy Elementary School.



Yoga For Anyone: Relieve the stresses of the day and get some good core workout moves too. 10 Thursdays, starting March 21, 6:30–7:30 pm, \$80, Kennedy Elementary School.

Zumba: Classes use the principles of fitness interval training and resistance training to maximize fat burning and total body toning. You don't have to know how to dance to Zumba! Mondays at Kennedy Elementary: 6:30–7:30 pm, 10 weeks, starting March 25, \$80. Wednesdays at Parmenter Elementary: 6:30–7:30 pm, 10 weeks, starting March 20, \$80.

CHILD CARE EDUCATION

My Senses Don't Make Sense!—Recognizing and Supporting Children with Sensory Integration Dysfunction: Learn more about kids with sensory challenges and talk about strategies. Thursday, February 7, 7:00–9:00 pm, \$25, FHS.



Maybe You Know This Kid?—Working with Unique, Challenging Children: For professionals who work with children, we'll share strategies and problems, and brainstorm new ideas. Thursday, May 9, 7:00–9:00 pm, \$25, FHS.

FOOD & WINE

Wine Tasting 101: Learn to taste wine like the experts do. Tuesday, April 9, 7:00–8:30 pm, \$25, Franklin Liquors, 363 E. Central St.



Exploring Portuguese Wine: Taste and talk about Portuguese wine regions, exploring the country's history and the indigenous grape varieties. Tuesday, May 7, 7:00–8:30 pm, \$25, Franklin Liquors, 363 E. Central St.

The Art of Relaxed Entertaining—Ideas for a Finger Food Dinner Party: We've got plenty of easy appetizer and dessert ideas, plus tips to help you throw a fresh, fun party from start to finish. Thursday, May 2, 6:00–7:30 pm, \$35, FHS.

PHOTOGRAPHY

Digital Photography—Intermediate: Designed for DSLR camera users who have a basic understanding of their cameras but want to learn more functions and settings. 4 Mondays, starting March 4, 7:00–9:00 pm, \$80, FHS.



FINANCIAL PLANNING

Preparing for Retirement: This workshop introduces changes you will face as you enter retirement, and specific steps you can take. Tuesday, March 26, 6:30–8:30 pm, \$15, FHS.

LANGUAGE



Conversational French: Make your upcoming trip even better by learning basic words and phrases to use in greetings, sightseeing, ordering food, and shopping. 8 Tuesdays, starting February 26, 6:30–8:00 pm, \$80, FHS.

Ed2go Online e-Learning Courses: Personal development and career training courses available anytime, anywhere. Fees begin at \$109. www.ed2go.com/franklined

SPORTS

Advanced Co-Ed Volleyball: 14 Tuesdays, starting Feb. 5, 7:00–10:00 pm, \$130, Horace Mann MS.



Intermediate Co-Ed Volleyball: 14 Mondays, starting Feb. 4, 7:00–10:00 pm, \$130, Horace Mann MS.

Badminton: 14 Wednesdays, starting Feb. 6, 7:00–10:00 pm, \$130, Horace Mann MS.

Basketball for Men: 7:00–10:00 pm 10 Tuesdays, starting Mar. 19, \$95, Remington MS. 14 Thursdays, starting Feb. 7, \$130, Horace Mann MS.



The Art of Acrylic Painting: Create a new canvas every week while you learn different techniques using cards, a toothbrush, and more. 5 Thursdays, starting April 25, 6:30–9:00 pm, \$65, FHS.

ART & LEISURE

Watercolor: Beginning watercolorists will learn the basics, more experienced watercolorists can enhance their skill and style at their level. 5 Mondays, starting April 22, 6:30–9:00 pm, \$65, FHS.

Beginner Ceramics—A Two-Night Introduction: Learn techniques for hand building clay objects (1st night) and glazing (2nd night). 2 Tuesdays, April 2 and April 23, 7:00–8:30 pm, \$50, Claymark Studios, 14 Highland St.