



## FALL IS IN THE AIR!

### Adult Programs with Bedford Recreation

The brochure and full information is available on-line at [www.bedfordrecreation.org](http://www.bedfordrecreation.org).  
Registration is available on-line, in person, by mail or by fax. The phone number is 781-275-1392.

The department is located at 12 Mudge Way.

High School students are welcome to enroll in many of our adult classes.

Link to Fall Brochure: <http://goo.gl/Wel151>

To Register click here: <https://apm.activecommunities.com/bedfordma>

#### ~ CREATIVE CLASSES ~

##### *OIL PAINTING with Corine Mazza*

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? Corine Mazza, a certified Wilson Bickford instructor, will show you that you can do it! This is an instructional oil painting class, designed for beginners and those who would love to paint. You will have an opportunity to create two paintings during the session. Learn various techniques and how to use a variety of brushes to apply oil paint to canvas in a fun and fast way. No drawing required. Come see where oil painting can take you! All supplies included. Bring an apron or wear clothes you don't mind getting painted. Age 16+

**Thursdays, 7:00-9:00pm, 10/8-10/29**

**Fee: \$105**

##### *STONE CARVING CLASSES with Scott Cahaly, Stone Sculptor*

Classes held at instructor's art studio, 80 Loomis Street, 2nd floor, Bedford

##### *STONE CARVING SATURDAYS*

In these one-day workshops, you have the opportunity to carve your own stone, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. You will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+

**Saturdays, 9:30am-3:00pm. Dates available: 9/19, 10/17, 11/21 or 12/19**

**Fee: \$125 each session**

##### *INTRODUCTION TO STONE CARVING*

In this beginner class, you will become acquainted with carving the five million year old medium of soft stone aka alabaster. The emphasis will be on staying present with the 'process' rather than forcing the results! Stone selection, tool demonstrations, group discussions and art historical references help you get your feet wet in this ancient medium. Come participate in the magical medium of stone sculpture! Price includes tools, stone is an extra expense (approximately \$4lb) payable at class. Ages 16+

**Wednesdays, 10:00am-1:00pm, 9/16-10/14**

**Fee: \$255**

**Wednesdays, 10:00am-1:00pm, 10/28-12/2 (no 11/25)**

**Fee: \$225**

##### *CARVING OUR (SELVES)*

The reductive act of stone carving is analogous to refining ourselves and realizing that we are in fact 'works in progress' and not finished products! In keeping with this ideology, the focus on this new class will be more process oriented and spiritual in nature. Using sitting meditation, journaling and a focus on the unconscious, this class will attempt to unlock deeper recesses of creativity. Personal growth and creative thinking is encouraged through individualized discussions with the instructor and the larger group! All levels of experience welcomed! Tools will be provided, stone is an extra cost (Approximately \$4lb)

**Thursdays, 7:00-10:00pm, 9/24-11/5**

**Fee: \$360**

### **CHARCOAL AND PASTEL STUDIO CLASS with artist Alma Bella Solis**

Students will produce their own compositions using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods of outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses three guiding rules for producing good art: accurate observation, emotional power and the art subject standing for all humanity. Students should bring their own choice of subject matter to the first class. Age 15+

**Fridays, 3:30-5:30pm, 9/25-10/23**

**Fee: \$115**

### **A TASTE OF BLACKSMITHING with Carl West and Mike Bergman, Prospect Hill Forge**

Classes held at *Prospect Hill Forge, 38 Guinan. St. Waltham*

The discovery of iron and how to work it changed human history. Tools, weapons and daily life have not been the same since. Here is your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending and twisting. Using these techniques and a coal-fired forge, you will heat a piece of iron to brilliant incandescence and with anvil, hammer and tongs create a decorative and useful 'S'-hook. Age 15+ may register for this adult class with a parent.

**Monday, Sept. 21, 6:30-9:30pm**

**Fee: \$75**

**Sunday, Nov. 22, 6:30-9:30pm**

**Fee: \$75**

**Wednesday, Dec. 16, 6:30-9:30pm**

**Fee: \$75**

### **~ LET'S EAT! COOKING, FOOD & HEALTHY LIFESTYLE CLASSES ~**

#### **BREAKFAST AROUND THE WORLD with Jane Franklin**

The Boston area is filled with small ethnic restaurants serving up the comforts of "home." Travel each week to another "country" as you sample the food that people around the world eat to start their day. We will carpool to six different restaurants in the area and try a variety of foods. Leader will provide background information about the food available and make suggestions of menu choices. Participants pay for own breakfast or equally share the costs of tastings.

**Wednesday, 9:00-11:30am (approximately), 9/30-11/4**

**Fee: \$58**

#### **HEALTHY EASY RECIPES:**

##### **All Dairy and Gluten Free with Amy Borshay-Bokser, Private Chef**

Join this demonstrative class and learn a variety of simple recipes to add to your weekly meals. We will make and sample Vegetable Stir Fry, Baked Japanese Yam, Crispy Tofu with Sweet and Sour Dip Sauce, Salmon Salad, Brown Rice Salad and Chocolate Flourless Torte. Plus material cost of \$15; please pay instructor the materials fee at class.

**Monday, Nov. 2, 6:30-8:30pm**

**Fee: \$25**

##### **IT'S A CARAMEL AFFAIR with Pam Kanavos, Pastry Chef**

Caramel making...so scary, yes! Difficult, no! Join us for a night of sweet bitter caramel making. We will demonstrate how to make caramel and then you will make your own Espresso Caramel Bars using the technique demonstrated. Plus material cost of \$12; please pay instructor the materials fee at class. Ages 16+

**Monday, Oct. 26, 6:30 to 9:00pm.**

**Fee: \$30**

##### **DO THE GNOCCHI TWIST with Pam Kanavos, Pastry Chef**

Beautifully comforting food for the cold nights ahead. We will be teaching you how to make sweet potato gnocchi with a balsamic sage brown butter. There is an art to making Gnocchi and we will make you masters! Plus material cost of \$11; please pay instructor the materials fee at class. Age 16+

**Tuesday, Oct. 6, 6:30 to 9:00pm.**

**Fee: \$30**

##### **HAVE A BAKLAVA HOLIDAY! with Pam Kanavos, Pastry Chef**

Baklava is one of the world's great desserts that one can make at home after conquering the fear of phyllo! In this hands-on class, students will make their own sinfully rich baklava while learning the proper ways to work with phyllo dough. Plus material cost of \$16; please pay instructor the materials fee at class.

**Monday, Dec. 14, 6:30 to 9:00pm.**

**Fee: \$30**

### ***FRENCH PASTRY MADE EASY with Jeannette Pothier, chef***

Did you take a trip to France and enjoy the most buttery pastry? Jeannette studied in Aix-en-Provence, traveled throughout France, and taught Classic French Pastry Making at Modern Gourmet in Newton, Mass. See how easy pastry is to make. You will learn the technique of an open apple custard tarte, cream puffs known as choux a la crème, and madeleines. Material cost \$8, payable to the instructor that night.

**Tuesday, Oct. 20, 6:30-9:00pm.**

**Fee: \$30**

### ***EASY PIE MAKING with Jeannette Pothier, chef***

Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet. She has taught Classic French foods, including French baking and she has been teaching for a number of years. Pie making is one of the fun classes that she enjoys sharing with students. Have you tried making a basic pastry crust – but decided to buy your crust or even your pies? Learn the technique of a truly fool proof crust for use in sweet or savory pies. You will learn how to make an apple pie and bake it for you to taste. You will then make and take home an apple pie. These freeze well. We will discuss flours, fats and different recipes. Material cost \$10, payable to the instructor at class.

**Monday, Nov. 16, 6:30-9:00pm.**

**Fee: \$30**

### ***JAMS AND JELLY! with Jeannette Pothier, chef***

Have you ever wished you could make the jam that your grandmother used to make? It is fun to make jam and wait until you taste it! We will teach the entire process of both jam and jellies, and you will take some home. It makes a great hostess gift or any day gift. Jeannette makes jams and jellies to raise money for the Job Lane Barn. We will bake a batch of scones so you can taste the jam you make. Material cost will be \$5; please pay instructor that night.

**Tuesday, Dec. 1, 6:30-9:00pm**

**Fee: \$30**

## ***~ PERSONAL INTEREST CLASSES & WORKSHOPS ~***

### ***INTRO TO ENERGY HEALING with Julie Ramsdell, M.S., Reiki Practitioner***

Are you curious about energy medicine and energy healing? In this introductory workshop you will learn three different methods of harnessing the power of your body's energy systems to help create health, relaxation, and well being. These methods are safe, based on scientific evidence, and they work extremely well either alone or used in concert with traditional medicine. You will learn about Reiki — a hands on traditional Japanese healing modality, Energy Medicine — the 9 different layers that make up the anatomy of the energy body, and EFT (Emotional Freedom Technique) - tapping on the body's meridian centers to unblock stagnated energy to heal illness, pain, or emotional distress. We will do easy in-class exercises that demonstrate each of these modalities and discuss how these methods can be used to enhance health, increase your energy, feel happier, and reduce stress.

**Tuesday, Oct. 6, 7:00-9:00pm.**

**Fee: \$25**

### ***COPING WITH THE POSSIBILITY OF LIVING A LONG LIFE***

***with Robyn Samuels, Certified Long-Term Care Specialist***

Anyone who has taken care of an aging or declining parent understands the emotional and financial toll it takes on all close family members. Long term care planning helps provide for the consequences of living a long life and addresses the accompanying physical and cognitive issues that may occur. We will discuss a variety of options that are available should you or a loved one need assistance at home, in an assisted living facility, or in a skilled nursing facility. You will learn strategies that are available to help meet your family's long term needs, while avoiding the emotional and financial devastation caused by lack of planning. It's all about quality of life for all family members, including the caregivers.

**Tuesday, Oct. 27, 7:00-8:30pm**

**Fee: \$10 per family**

### ***KIDS' PROTECTION PLANNING WORKSHOP***

***with David Feakes of The Parents Estate Planning Law Firm, Acton***

Join Personal Family Lawyer David Feakes to learn the 9 easy steps you can take to ensure that your children would always be taken care of if anything happens to you. Attorney Feakes focuses on guiding clients to preserve and protect their assets, loved ones, and legacies. Participants of this workshop will walk away with an understanding of what kind of plan is needed to protect their families and how to preserve their intangible personal assets, including their values, stories, advice and memories.

**Thursday, Dec. 3, 7:00-8:30pm.**

**Fee: \$10 per family**

## ***YOU CAN AFFORD COLLEGE IF... with Dick Man, College Funding Advisors, Inc of Bedford***

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful.

Financial Aid goes to the families that plan in advance - ideally before December 31st of the child's sophomore year of high school.

This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn strategies to implement that may increase your family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities.

**Wednesday, Sept. 30, 7:00-9:00pm.**

**Fee: \$10 per family**

## ***THINKING ABOUT DOWNSIZING? with Diamond Hayes and Dawn Link***

Downsizing can mean moving from a 10,000-square-foot mansion to a 2,000-square-foot house or from a 1,500-square foot condo to a 200-square-foot "tiny home." Either way, it's a big change. If you have been thinking about downsizing but don't know where to start, this workshop is a good way to gather information so that you can make better decisions. Topics will include whether to buy or sell first, how to time the market and how to prepare your home for sale. You will also receive tips about how to organize your home and your personal items as you downsize.

**Thursday, Oct. 22, 7:00-8:30pm.**

**Fee: \$15 per family**

## ***OrganizingWORKS! with Karen Kenney***

Do you procrastinate about getting organized? Causing more chaos? How do you envision your home? How much is too much? Do you have too much? Are you shopaholic? Does shopping cause your disorganization? Learn some strategies to help get organized and stay organized and to determine how to get rid of the "stuff you no longer want or need." You just have to commit to doing the work! We will talk about time management tools that can help you be successful. Other topics will be "mail sorting station", endless papers that come in and how to tame them, upcoming holiday season, which brings more stress and chaos from too many gifts and/or the guilt of unwanted gifts. Each participant will receive Karen's DVD called "The Organizing Cheerleader".

**Saturday, Oct. 24, 9:00am-1:00pm**

**Fee: \$25**

## ***~ CPR COURSES ~***

***with Kelley Anzuoni, RN***

### ***CPR HEARTSAVER (Adult and Pediatric)***

This class is designed for non-medical workers, child care providers and members of the general public who want the knowledge to try to save a life when the need arises. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice. (Age 11+)

**Sunday, Oct. 4, 2:30-4:30pm**

**Fee: \$53**

### ***CPR (BLS) FOR HEALTHCARE PROVIDERS—Web-Blended Course***

This web-blended course is an alternative to traditional American Heart Association (AHA) Cardio Pulmonary Resuscitation (CPR) Basic Life Support (BLS) for Healthcare Providers classroom training for first-time or renewal two- year certification. The self-paced online course is accessible anytime and takes approximately 90 minutes to complete. The course is divided into three parts. Part 1 delivers the cognitive learning through online modules. A Certificate of Completion can be printed by the student after successful completion of the online Part 1 modules. This certificate must be presented to the instructor upon arrival at the practice and skills check session. For Parts 2 and 3, students meet with an AHA instructor to complete a hands-on skills practice session and a skills test. Online portion (Part 1) may be purchased (not included in skill class cost) for \$22 at [www.onlineaha.org](http://www.onlineaha.org)

**Sunday, Oct. 4, 5:30—7:30pm, Skills Check-Off Session.**

**Fee: \$52**

### ***CPR (BLS) FOR HEALTHCARE PROVIDERS—Classroom-Based course***

This American Heart Association is appropriate for both new and renewal two-year Certification. It teaches both single-rescuer and team based life support. This course trains participants to recognize several life-threatening emergencies, give high quality chest compressions, deliver appropriate ventilations and provide early use of an AED. BLS HCP Manual 90-1038 e-book version, or print recommended for class and may be purchased online at [www.channing-bete.com](http://www.channing-bete.com).

**Sunday, Nov. 8, 4:00—7:00pm**

**Fee: \$70**

## *We offer a variety of Fitness and Dance Classes – Come try something new!*

These classes are fun and affordable, ranging in price from \$8 to \$12 per class on average.

Some of these classes offer Trial Free first classes. Sign up to attend.

| Program                         | Day | Time           | Dates      | Ages | # weeks | Fee   |
|---------------------------------|-----|----------------|------------|------|---------|-------|
| <b>**New!</b>                   |     |                |            |      |         |       |
| NIA                             | M   | 9:30-10:30am   | 9/14-12/7  | 15+  | 11      | \$110 |
| NIA                             | W   | 9:30-10:30am   | 9/16-12/9  | 15+  | 11      | \$110 |
| NIA                             | TH  | 6:30-7:30pm    | 9/17-12/10 | 15+  | 11      | \$110 |
| Tai Chi                         | W   | 6:30-7:30pm    | 9/16-12/16 | 16+  | 12      | \$125 |
| Stretch and Tone for Women      | T   | 7:00-8:00pm    | 9/15-11/17 | 18+  | 10      | \$110 |
| Yoga for Women: Finding Balance | Sun | 7:00-8:15pm    | 9/13-12/13 | 18+  | 13      | \$162 |
| Pilates-Yoga Fusion Class       | Sat | 10:15-11:00am  | 9/26-12/12 | 18+  | 10      | \$110 |
| Restorative Yoga                | Sun | 5:00-6:30pm    | 9/13-12/13 | 18+  | 13      | \$162 |
| Hatha Yoga                      | M   | 7:15-8:15pm    | 9/14-12/7  | 15+  | 12      | \$150 |
| Hatha Yoga                      | T   | 9:30-10:30am   | 9/15-12/8  | 15+  | 12      | \$150 |
| Hatha Yoga                      | W   | 7:00-8:00pm    | 9/16-12/9  | 15+  | 11      | \$137 |
| Hatha Yoga                      | F   | 9:30-10:30am   | 9/18-12/11 | 15+  | 12      | \$150 |
| Yoga to Energize Your Day       | T   | 6:00-7:00am    | 9/15-12/15 | 18+  | 14      | \$175 |
| Yoga Fit and Strong             | Sat | 11:45am-1:00pm | 9/19-12/19 | 18+  | 13      | \$162 |
| CizeLive**                      | M   | 6:00-7:00pm    | 9/28-12/14 | 15+  | 11      | \$100 |
| Zumba Gold**                    | T   | 4:00-5:00pm    | 9/1-10/27  | 18+  | 8       | \$72  |
| Zumba Gold**                    | T   | 4:00-5:00pm    | 11/3-12/22 | 18+  | 8       | \$72  |
| Zumba                           | TH  | 9:30-10:30am   | 9/10-12/10 | 15+  | 13      | \$130 |
| Zumba                           | Sat | 9:00-10:00am   | 12/5-2/27  | 15+  | 10      | \$100 |
| Cardio Barre Blast              | M   | 8:00-9:00pm    | 9/14-11/16 | 16+  | 10      | \$100 |
| Cardio Barre Blast              | T   | 8:00-9:00pm    | 9/15-11/17 | 16+  | 10      | \$100 |
| Cardio Barre Blast              | TH  | 7:30-8:30pm    | 9/17-11/19 | 16+  | 10      | \$100 |
| Barre Balance**                 | Sun | 9:30-10:30am   | 9/20-11/15 | 18+  | 9       | \$99  |
| Piloxing**                      | Sun | 8:30-9:30am    | 9/20-11/15 | 18+  | 9       | \$99  |
| Piloxing Express**              | Sat | 8:30-9:15am    | 9/19-11/14 | 18+  | 9       | \$99  |
| Learn to Irish Dance**          | T   | 7:00-8:00pm    | 9/22-11/17 | 14+  | 8       | \$95  |
| Ballroom Basics                 | M   | 7:00-8:00pm    | 9/14-11/16 | 18+  | 10      | \$110 |
| Salsa**                         | Sat | 6:00-7:00pm    | 9/19-11/21 | 18+  | 10      | \$110 |
| Outdoor Co-Ed Bootcamp          | Sat | 7:30-8:30am    | 9/5-11/7   | 15+  | 10      | \$115 |

## *BODYJAM ~ BODYPUMP ~ BODYFLOW with Kamate Fitness*

Session runs from Sept. 8 to Dec. 23 (15wks)

Prices range from \$255-\$345 for combination unlimited options of classes. Come try first class free!

### BODYJAM:

|                 |               |
|-----------------|---------------|
| <b>Tuesday</b>  | 7:00 – 8:00pm |
| <b>Thursday</b> | 7:00 – 8:00pm |
| <b>Friday</b>   | 9:20- 10:20am |
| <b>Saturday</b> | 10:15-11:15am |

### BODYPUMP:

|                  |              |
|------------------|--------------|
| <b>Monday</b>    | 9:20-10:20am |
| <b>Monday</b>    | 6:30-7:30pm  |
| <b>Wednesday</b> | 9:20-10:20am |
| <b>Wednesday</b> | 6:30-7:30pm  |
| <b>Saturday</b>  | 8:00-9:00am  |
| <b>Saturday</b>  | 9:00-10:00am |

### BODYFLOW:

|                 |               |
|-----------------|---------------|
| <b>Tuesday</b>  | 10:30-11:30am |
| <b>Thursday</b> | 6:00-7:00pm   |
| <b>Sunday</b>   | 4:30-5:30pm   |

## **IGNITE SERIES - High Intensity Interval Training (HIIT) by Kamate Fitness**

*with Ray Marsh, Certified Personal Trainer*

**CARDIO:** Improve cardiovascular conditioning, speed, and torch mega calories to high energy music.

**STRENGTH:** Develop strength, build lean muscle and burn mega calories, using Kettlebells, barbells, weighted ropes and bands for a well-rounded workout.

**PLYO:** Uses a step platform to focus on athletic training drills and skills to work more explosively in order to build a lean, athletic version of you. High intensity interval timings with dynamic, powerful music and a motivating coach that will push you to break comfort zones.

**Cardio:** Tues. or Thurs., 8:00-8:30am

Session from 9/22-10/22

**Strength:** Tues. or Thurs., 8:30-9:00am

**Plyo:** Thurs., 9:00-9:30am

**Fee: \$100\*** \*Choose 2 classes per week to attend.

## **ALL-ACCESS POOL FITNESS CLASSES**

*at the Atlantis Club, DoubleTree Hotel Indoor Pool*

44 Middlesex Tnpk. Park in back of hotel for Club entrance.

**FALL SESSION:** 9/8-12/22 (15 weeks), attend choice of any 25 classes

**Fee: \$175**

### **AQUA ZUMBA**

**Class options:**

Mondays, 9:30-10:30am

Thursdays, 6:00-7:00pm

Tuesdays, 6:00-7:00pm

Saturdays, 9:30-10:30am

Wednesdays, 9:00-10:00am

### **AQUA AEROBICS**

**Class options:**

Mondays, 7:15-8:15pm

Thursdays, 9:00-10:00am

Tuesdays, 9:00-10:00am

Saturdays, 7:15-8:15pm

## **Outdoor Adventures, Sport Instruction and Pick-Up Games**

*Something for everyone!*

|   |                          |              |             |     |   |                 |
|---|--------------------------|--------------|-------------|-----|---|-----------------|
| Archery                                 | T                        | 7:30-8:30pm  | 10/13-11/10 | 15+ | 5 | \$127           |
| Beginner Tennis                         | TH                       | 6:15-7:15pm  | 9/17-10/22  | 18+ | 6 | \$125           |
| Intermediate Tennis                     | TH                       | 7:15-8:15pm  | 9/17-10/22  | 18+ | 6 | \$125           |
| Golf (all levels- dates and times vary) | See brochure or website. |              |             |     |   |                 |
| Mystery Walks                           | W                        | 9:30am-noon  | 10/7-11/11  | 18+ | 6 | \$75            |
| On and Off-Road Biking Adventures       | T/TH/F                   | 9:30am-noon  | 10/6-11/10  | 18+ | 6 | \$75            |
| Pick-up Volleyball                      | M/W                      | 7:00-10:00pm | 9/9-11/18   | 18+ |   | Free            |
| Pick-up Basketball                      | M/W                      | 7:00-10:00pm | 9/9-12/21   | 18+ |   | Free            |
| Pickleball**                            | F                        | 6:30-8:30pm  | 10/2-10/30  | 18+ |   | Free            |
| Pick-up Badminton                       | TH                       | 7:30-10:00pm | 9/17-11/19  | 18+ |   | Free            |
| Advanced/Intermediate Badminton         | T                        | 7:30-10:00pm | 9/15-11/17  | 18+ |   | Free (register) |
| Pick-up Indoor Soccer                   | M/W                      | 9:00-10:00pm | 9/14-12/17  | 18+ |   | Free            |
| Pick-up Outdoor Soccer-Women            | W                        | 7:30-8:45pm  | tba         | 18+ |   | Free            |
| Pick-up Outdoor Soccer- Men             | W                        | 8:45-10:00pm | tba         | 18+ |   | Free            |

