



Prescott

COMMUNITY CENTER

2025 WINTER CATALOG

978-877-6933 | prescottscc.org

Art by Heather Barros

Prescott Community Center



About Us

The Friends of Prescott, Inc. is a 501(c)3 non-profit organization that promotes and supports community education, arts, and recreational programming for all ages, and creates gathering spaces for nonprofit, for-profit organizations and individuals alike while preserving a historic town asset, the Prescott School.

Office Staff



Executive Director: Megan Donovan
Office Coordinator: Rachel Makosky
Programming & Marketing Manager:
Jessica Larrabee
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Office Hours

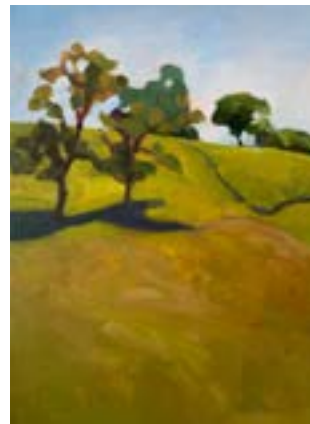
Monday - Friday, 9am to 12pm

Contact Information

145 Main Street, #104
Groton, MA 01450
978-877-6933
connectwithus@prescottsc.org

  Follow us on Facebook and Instagram for the latest on programming, news and events.

Cover Art



by Heather Barros
Plein Air Oil Painting of Gibbet Hill

Heather plans to offer plein air workshops in Groton this spring.

I paint for the joy of it. The first strokes on a blank canvas are the start of an adventure.

I founded, directed, and taught at my independent art school, Art Collaborations, in Princeton, NJ, for 33 years. I now paint in my studio in Fitchburg, Massachusetts, as well as painting alla prima in beautiful New England environments. www.heatherbarros.com

Heahter is an Oil Painting, Pastel, and Plein Air instructor at Prescott Community Center. Heather's Winter classes start this March. [Click here](#) to view Heather's class offerings.



It's the 10th anniversary of the Friends of Prescott! Thank you to everyone who has helped us grow into a vibrant, thriving community center!

>> How to Register

Online: To register online you must create an account. Go to prescottscc.reg.eleyo.com and click Sign In. Once you create your account, you can add any family members who you will enroll in classes. Don't forget to add emergency contact info for all family members. Click Explore All Programs to find classes.

In-Person: Visit our office during office hours (M-F, 9am-11am) and we will help you register online. Please bring cash, check, or credit card to pay for the program.

You will receive a confirmation email immediately upon registration and a reminder two days prior to the class. Your instructor might also email you with details specific to your class.

>> How to Become an Instructor

If you are interested in teaching a class, workshop, or seminar please reach out to our Programming Assistant at programming@prescottscc.org. Please send a short description on the proposed program you would like to offer and when you would like to offer it (season, time of week, how often).

>> How to Volunteer

Every little bit of your volunteering time will help in a big way. There are plenty of opportunities to choose from to match your skills, interests, and availability. We are always looking for instructors, office support, building maintenance, event staff, committee members, and more!

If you are interested please reach out to our Office Coordinator at office@prescottscc.org or visit prescottscc.org/volunteer/.

>> How to Donate

The Friends of Prescott, Inc. is a 501(c)3 non-profit organization. Every dollar made goes right into running and preserving the Prescott Community Center as a central place to gather, rent, and educate. All donations are tax-deductible. If you are interested in donating please reach out to our Office Coordinator at office@prescottscc.org or visit <https://prescottscc.org/donate>.

>> 2025 Winter Catalog Sponsors

Thank you to our our proud sponsors for supporting the Prescott Community Center!



FINE ARTS & CRAFTS

Painting

Beginner Watercolor Painting

Beth Smith

Learn the basics of watercolor painting in this beginner class. No experience necessary. This course will focus on getting comfortable with watercolor techniques and enjoying the process of painting. The basics of color mixing, value, composition and use of materials and tools will be covered. Through guided instruction and a step by step guided demonstration process, together we'll paint simple landscape subjects. This will allow you to learn this wonderful medium in a fun and supportive environment.

6 Mondays | Jan 6-Feb 24 (No class Jan 20 & Feb 17)

6 Mondays | Mar 3-Apr 7

1:00-3:00 PM | Prescott | \$175 | Age 18+

Watercolor Painting: the Next Step

Beth Smith

This course is for students that have taken my beginner watercolor class or have basic watercolor skills.

The course will build on the basics of color mixing, composition, value and watercolor techniques. Through guided instruction and a step by step demonstration process, together we'll paint various subjects. This will allow you to grow your skills in a fun, supportive environment.

6 Tuesdays | Jan 7-Feb 11

6 Tuesdays | Mar 4-Apr 8

10:00 AM-12:00 PM | Prescott | \$175 | Age 18+

Watercolor Painting Studio

Beth Smith

This course will help students execute paintings of their own subject matter. Guidance and critique from the teacher will focus on composition, color mixing, value and technique. Students will use photos to develop their own painting style. This course will allow students to grow their skills in a fun, supportive environment. Some watercolor experience is necessary.

6 Tuesdays | Jan 7-Feb 11

6 Tuesday | Mar 4-Apr 8

1:00-3:00 PM | Prescott | \$175 | Age 18+



Intro to Watercolors

Claudia Owens

Students will learn the basics of working with watercolor paints through demonstrations and exercises. We will look at many techniques to build layers and textures and how to select a subject and plan out a composition to creating a finished piece of artwork. We will look at different painting styles so students can work on developing their own unique painting style.

4 Thursdays | Mar 6-Mar 27 | 6:00-8:30 PM | Prescott

\$136 | Age 13+

Portrait Oil Painting

Mary Minifie

Painting from a live model in north light. Emphasis will be on creating form through modeling and shadow line, finding the relationships that make beautiful skin tones, and developing drawing skills to create a good likeness. This course is for students that have experience with oil painting skills. Students will share the cost of the live model.

6 Mondays | Jan 13-Mar 3 (No class Jan 20 & Feb 17)

6 Mondays | Mar 24-May 5 (No class Apr 21)

9:00 AM-12:00 PM | Prescott | \$250 | Age 18+



>> Several classes may require you to purchase materials or pay a material fee. Visit the class listing online to see the class requirements.

Oil Painting for All Levels

Heather Barros

In the classroom, we will create oil paintings from your favorite still life and landscape photos. We will explore composition, underpainting, perspectives, color mixing, color harmony, and paint application. The instructor will provide a demonstration at the beginning of every class and instruction throughout. This class emphasizes creativity, exploration, and experimentation rather than technique. While composition, color mixing, perspective, and mark-making will all be considered, learning technique is a by-product of the joyful creation of art. All participants will enjoy the freedom of experimenting with mixed media and surfaces and approaching the edge of abstraction in a friendly, supportive environment.

6 Tuesdays | Mar 4-Apr 8

6 Tuesdays | Apr 29-Jun 3

6:30-8:30 PM | Prescott | \$180 | Age 16+



Pastel for All Levels

Heather Barros

In the classroom, we will create still life pastels from your favorite life and landscape photos. We will explore composition, underdrawing, perspective, color harmony, and pastel application onto different surfaces. The instructor will provide a demonstration at the beginning of every class and instruction throughout. This class emphasizes creativity, exploration, and experimentation rather than technique. While composition, color mixing, perspective, and mark-making will all be considered, learning technique is a by-product of the joyful creation of art. All participants will enjoy the freedom of experimenting with mixed media and surfaces and approaching the edge of abstraction in a friendly, supportive environment. This class is for all skill levels, including beginners. This medium is immediate!

6 Wednesdays | Mar 5-Apr 9

6 Wednesdays | Apr 30-Jun 4

12:30-2:30 PM | Prescott | \$180 | Age 16+

Film

Animated Films for Adults

Mary Jennings

Animated films were once considered “cartoonish”, barely worthy of serious cinematic consideration. Now they vie for Best Picture Awards and touch on complicated adult themes done so artistically that they also capture a sense of childhood wonder. Join in a discussion of three major types of animation and the films representing these techniques: “Spirited Away”, “Up”, and “Marcel the Shell with Shoes On”.

4 Thursdays | Jan 16-Feb 13 (No class Jan 23)

2:00-3:30 PM | Age 18+

Art Workshops

Painting Scarves with Alcohol Inks

Dana Haigh

Join us to paint silk scarves with alcohol ink! Dana Haigh will teach techniques to make vibrantly patterned scarves using inks and isopropyl alcohol. Everyone will create two scarves of their own to take home.

Friday | Jan 24

Wednesday | Mar 12

Wednesday | May 7

6:00-8:00 PM | Prescott | \$30 | Material fee \$35 | Age 12+

Alcohol Ink Painting

Dana Haigh

In this workshop, Dana Haigh will introduce the Alcohol Inks medium to create paintings of free flow of expressions. Alcohol inks are fast-drying and highly pigmented. They flow freely over any non-porous surface and have a mind on their own, allowing for a liberating approach to art and unexpected, spontaneous results. If you are open to just having fun and “going with the flow”, this is the medium for you to explore.

Wednesday | Feb 12

Wednesday | Apr 16

6:00-8:00 PM | Prescott | \$40 | Material fee \$35 | Age 12+



FINE ARTS & CRAFTS

Crafts

Traditional Rug Hooking for Beginners

Donna Allen

Winter doldrums? Brighten things up by delving into the exciting, colorful world of traditional rug hooking. In this four-week program, you will learn the easy technique of pulling wool loops from a foundation fabric to create a beautiful hooked piece and everything you need to know regarding necessary equipment, finishing techniques, transferring patterns, and engaging in the rug hooking community. Each student will be supplied with a kit including the pattern, hand-dyed wool, hook, and supplies needed to execute and finish a 12" x 12" hooked mat. Loaner frames will be provided with a refundable deposit.

**4 Thursdays | Jan 23-Feb 13 | 9:30-12:00 PM | Prescott
\$200 | Material fee \$20 | Age 18+**

Create an Art Quilt - Next Step

Bonnie Dinsmore

This class is for the students who have participated in the Create an Art Quilt beginner class or already have experience in Art Quilting. The students will continue to learn the techniques of collaging and appliqué to complete or start a new art quilt wall hanging.

**4 Tuesdays | Feb 4-Mar 4 (No class Feb 18)
6:30-8:00 PM | Prescott | \$80 | Age 15+**

Create an Art Quilt

Bonnie Dinsmore

In this class, students will learn the techniques of collaging and appliqué to make and complete one art quilt wall hanging. The instructor will have the project pre-designed and ready for them on muslin fabric. She will supply some initial fabrics required for the project. The attendees can bring whatever additional fabrics they want to use. The instructor will communicate with the registrants about the materials for the class and a syllabus for the rest of the sessions.

**6 Tuesdays | Mar 11-Apr 15 | 6:30-8:00 PM | Prescott
\$120 | Material fee \$50 | Age 15+**



Sculpting With Natural and Found Materials

Paul Angiolillo

Learn to create 3-D artwork, including creating a design, assembling and joining together materials, and mounting and finishing them. Bring in some favorite objects, "curiosities," found objects, or natural materials, such as pieces of wood, seed pods, stones, or eye-catching sea glass, and assemble them into evocative and resilient sculptures. For example, a collection of natural materials assembled together with an old wooden picture frame might become a "forestscape" wall relief. The instructor will bring in many tools and some sample materials, discuss the design process, and reveal some tricks of the trade. Feel free to bring any favorite tool. You can work with guidance or independently. This two-session class should give you some basic skills to work in your own space and at your own pace.

**2 Saturdays | Mar 1-Mar 8 | 1:00-3:30 PM | Prescott |
\$60 | Material Fee \$5 | Age 18+**

Intro to Machine Sewing

Claudia Owens

Maybe you are rusty and need a refresher; Maybe you have a machine and never used it; Maybe you have ideas to make but need a little help. Bring your sewing machine with you and get the support you need to feel comfortable working on your own. Learn to thread your machine, change the bobbin- and more- with confidence. The class projects are fabric coaster/placemat, drawstring bag, fabric bowl, and zippered pouch. Students must bring sewing machine to class and additional supplies.

**5 Thursdays | Jan 16-Feb 13 | 6:00-8:00 PM | Prescott
\$175 | Age 12+**

Beginner Knitting

Christine Rottger

This introduction to knitting class is for beginners AND anyone who wants to learn Continental style of knitting. This style is uniquely suited to crocheters or those new to the craft. You will learn to make your own slippers! *Please note, the first class is 1.5 hours long, 6:00-7:30 PM.*

**6 Wednesdays | Mar 12-Apr 16 | 6:00-7:00 PM | Prescott
\$120 | Age 13+**

FITNESS & DANCE

Exercise

Mindfulness Pilates with Courtney

Courtney Sowder

Mindfulness Pilates is a 50 minute beginner's oriented Pilates Practice. For six weeks, we will focus on learning the principles of Pilates, the essential mat work, and create mind body awareness. You can take Mindfulness Pilates as many times as you need to build strength, improve posture, and relieve stress.

6 Tuesdays | Jan 14-Feb 25 (No class Feb 18) | \$100

6 Tuesdays | Mar 4-Apr 8 | \$100

6 Tuesdays | Apr 15-May 27 (No class Apr 22) | \$100

5 Tuesdays | Jun 3-Jul 1 | \$85

7:15-8:15 PM | Prescott | Age 16+



Barre Full-Body Workout

Lisa Siemaszko

This in-person event is perfect for new moms looking to get back into shape while bonding with other moms. Get ready to tone your muscles, improve your posture, and increase your flexibility! And the best part, infants and toddlers are encouraged to join. What to bring: A yoga mat, sneakers for comfort and support and your stroller or baby carrier. Don't miss out on this opportunity to prioritize your health and well-being while connecting with other women in the community.

6 Thursdays | Jan 16-Feb 27 (No class Feb 20)

10:00-11:00 AM | Prescott | \$102 | Age 18+

>> Don't forget to fill out your emergency contact information in your account and to notify your instructor of any health issues they should be aware of.

Core Strength and Conditioning

Emma Howard

This class is for those who want to build strength, especially in their core, glutes, and shoulders. In this class, we will use progressive overload (repeating movements with multiple sets) to fatigue our muscles and thus build strength. All exercises are designed to be safe and effective. All abilities are welcome, no previous experience is required. Variations and modifications will always be given to work within your limits while still challenging yourself.

5 Mondays | Jan 6-Feb 24 (No class Jan 20, Feb 3, Feb 17)

\$98 | 5:15-6:15 PM | Prescott | Age 16+

8 Mondays | Mar 3-May 5 (No class Mar 31 & Apr 21)

\$144 | 5:15-6:15 PM | Prescott | Age 16+

Pilates with Props

Courtney Sowder

Pilates with Props will use props such as the fitness circle, small balls, weights, and bands to intensify, support, and aid in muscle firing to build strength. The class is appropriate for all levels.

6 Thursdays | Jan 16-Feb 27 (No class Feb 20) | \$100

6 Thursdays | Mar 6-Apr 10 | \$100

6 Thursdays | Apr 17-May 29 (No class Apr 24) | \$100

3 Thursdays | Jun 5-Jun 26 (No class Jun 19) | \$50

7:15-8:15 PM | Prescott | Age 16+



Couch to 5K Training

Cheney Harper

If you've never run before or need support getting back to it, this program will help you to build up to complete the full 5K distance non-stop in the Groton 5K road race on May 4th, 2025. It starts with a series of run/walk intervals to get you moving gradually and pressure-free. As you progress through the training plan, you'll spend less time walking and more time running until you find that you can complete the full 5K distance non-stop. There's no better time to get going than now to enjoy the countless physical, mental, and emotional benefits. Most of all, you would love the fun and the good company!

6 Mondays | Mar 17-Apr 28 (No class Apr 21) |

5:30-6:30 PM | Prescott | \$72 | Age 13+

FITNESS & DANCE

Yoga

Introduction to Yoga

Melissa Ackerman

Are you curious about yoga but not sure where to start? Do you think you are “not flexible enough” to do yoga? This class is a perfect place to step onto your mat and begin your yoga journey. We will start with the basics—moving gently through poses, working on deep breathing and cultivating mind/body awareness. All body types and fitness levels are welcome to participate in this class series. Come explore all the physical, spiritual and mental benefits a yoga practice can provide.

**5 Tuesdays | Jan 21 - Feb 25 (No class Feb 18)
9:30-10:30 AM | \$40 | Individual Class \$8
Prescott | Age 16+**

Yoga for Back Care

Emma Howard

Our modern day society is full of sitting! We sit behind computers, on phones, in the car, at the dinner table, you get the idea! Our bodies weren't designed for all of this sitting, and it can take a real toll on our structural alignment. You will leave this series feeling taller, longer, and armed with the skills needed to incorporate a back care routine into your everyday life.

**6 Wednesdays | Jan 8-Feb 26 (No class Feb 5 & Feb 19) | \$125
6 Wednesdays | Mar 5-Apr 16 (No class Apr 2) | \$125
7 Wednesdays | Apr 30-Jun 11 | 5:30-6:45 PM | \$145
5:30-6:45 PM | Prescott | Age 16+**

Yoga Fusion

Jacqueline Frey

Yoga Fusion is a Hatha type of yoga with focus on alignment, balance and breathing techniques in a slower paced flow than a vinyasa class. I generally include postures with longer holds from Yin yoga which makes it a fusion of Yin and Yang disciplines. I will incorporate music and poetry to enhance our shared experience together and strive to offer many options and accommodations for every body. I do believe yoga is for everyone!

**8 Wednesdays | Jan 8-Mar 5 (No class Feb 19)
8 Wednesdays | Mar 12-May 7 (No class Apr 23)
9:00-10:15 AM | Prescott | \$160 | Age 18+
8 Fridays | Jan 10-Mar 7 (No class Feb 21)
8 Fridays | Mar 14-May 9 (No class Apr 25)
9:00-10:15 AM | Online | \$160 | Age 18+**



Sport

Archery

Patrick Gendron/Fast Skills Sports

Patrick Gendron, a certified Archery instructor, will teach the proper archery range procedures, safety, and how to shoot a bow and arrow through a step-by-step approach in a fun and safe environment.

**3 Thursdays | Jan 16-Jan 30 | 5:40-7:10 PM | Prescott
\$80 | Age 15+**

Learn to Play Pickleball

Sue Adams

Pickleball is social and fun! This class is geared for the player who wants to learn the game and all of its rules. Each week, the focus will shift to a different element of the game. During each class there will be instruction, player development skills and drills and game play. The expectation when you sign up is that you will attend all 3 weeks of the session.

**3 Mondays | Jan 6-Jan 27 (No class Jan 20) | 1:00-2:30 PM
4 Wednesdays | Jan 15-Feb 5 | 7:15-8:45 PM
4 Fridays | Jan 17-Jan 31 | 6:00-7:30 PM
4 Saturdays | Jan 11-Feb 1 | 10:00-11:30 AM
Prescott | \$135 | Age 18+**

Learn to Play Pickleball 102

Sue Adams

In this group of classes, techniques and tactics will be explored to help enhance your game play. The first 40 minutes will be devoted to drills for technique and tactics, and the last 50 minutes will be playing. Students are required to attend all classes of the session. You must have taken a Learn to Play class in order to register.

**3 Mondays | Jan 6-Jan 27 (No class Jan 20) | 6:30-8:00 PM
3 Tuesdays | Jan 7-Jan 21 | 7:30-9:00 PM
3 Tuesdays | Jan 28-Feb 11 | 7:30-9:00 PM
Prescott | \$100 | Age 18+**

Pickleball: Skills & Drills

Sue Adams

This class is for players who want to practice their shots and improve their pickleball game with weekly play. The last twenty minutes will focus on match play with rotations.

*5 Fridays | Jan 10-Feb 7 | 10:00-11:30 AM | Prescott | \$165
Age 18+*

Pickleball: Learn to Improve

Sue Adams

This class is designed for players who know the game of pickleball and play. The class will focus on improving your skills and your overall play.

*4 Sundays | Jan 5-Feb 2 (No class Jan 19)
10:30 AM-12:00 PM | Prescott | \$135 | Age 16+*



Pickleball: Drill & Coached Play

Sue Adams

Do you know how to play? Are you looking to improve? In this class, you will learn drills that will help you in your game. Dinking, forehand drives, backhand drives, positioning and drops will be explored. This class is for Intermediate Level up to 3.5 Level. You must have taken a Learn to Play class to register.

*3 Wednesdays | Jan 8-Jan 22 | 9:30-11:30 AM
3 Wednesdays | Jan 29-Feb 12 | 9:30-11:30 AM
3 Wednesdays | Jan 8-Jan 22 | 12:00-2:00 PM
3 Wednesdays | Jan 29-Feb 12 | 12:00-2:00 PM
Prescott | \$150 | Age 18+*

Pickleball Open Play - Beginner & Intermediate Players

*This program is for players who want to play pickleball and practice with those at a similar level.
Great for those who have just finished a class!*



Pickleball Open Play for Beginners

Open play for beginners! This open play is for the player is for those who have recently learned pickleball and want to play and practice the game with others at a similar level. There will be no instructor on site. You must bring paddles and balls, and wear sneakers in the gym. Each session requires a minimum of 4 players and a maximum of 6 players. Players must register by NOON Friday before each session. If there are not enough players, the session will be canceled.

*4 Sundays | Jan 12-Feb 9 (No open play Jan 19)
2:30-4:30 PM | Prescott | \$60
\$15 per individual session | Age 18+*

Pickleball Open Play for Intermediate Players

Open play for intermediate players! This open play is for players who have played/play pickleball and want to play and practice with others at a similar level. There will be no instructor on site. You must bring paddles and balls, and wear sneakers in the gym. Each session requires a minimum of 4 players and a maximum of 6 players. Players must register by NOON Friday before each session. If there are not enough players, the session will be canceled.

*4 Sundays | Jan 12-Feb 9 (No open play Jan 19)
12:15-2:15 PM | Prescott | \$60
\$15 per individual session | Age 18+*

FITNESS & DANCE

Dance

Shake Your Soul®: The Energy of Dance

Deb Busser

Want to free your inner dancer? Not a dancer but you love to dance? Shake Your Soul® will allow you to move, groove and get creative in a fun, open and supportive environment with different types of music to inspire you. Get a workout at your own pace and rediscover how fun it can be to move your body to great music!

4 Mondays | Jan 6, Jan 13, Feb 10, Feb 24

4 Mondays | Mar 3-Mar 24

10:00-10:45 AM | Prescott | \$55 | Individual Class \$15

Age 18+



Zumba®

Wendy Wells Rimbach

Zumba® is perfect for everybody and every body! Zumba® is a total workout with interval low-intensity and high-intensity moves that combine all elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy. A great fitness class without thinking about working out!

6 Tuesdays | Jan 7-Feb 11 | 5:45-6:45 PM | \$100

6 Wednesdays | Jan 8-Feb 12 | 6:00-7:00 PM | \$100

8 Tuesdays | Feb 25-Apr 15 | 5:45-6:45 PM | \$133

8 Wednesdays | Feb 26-Apr 16 | 6:00-7:00 PM | \$133

Prescott | Age 16+



Bollywood Dance Fitness

Shikha Vashishtha

In this dance cardio session we will be sweating and smiling through the classics and chartbusters of Bollywood movie songs in several languages. This cardio session is a fusion of various dance styles including classical Indian dances such as Bharatanatyam and Kathak, as well as have elements of folk dances like Bhangra/Garba, jazz, hip-hop, and modern dance. It has become a popular form of exercise and recreation, for people of all ages and backgrounds to learn and enjoy.

5 Mondays | Jan 6-Feb 10 (No class Jan 20)

5 Wednesdays | Jan 8-Feb 5

5 Mondays | Feb 24-Mar 24

6:30-7:30 PM | Prescott | \$85 | Age 13+

Shine Light Dance Fitness

Tina Marcouillier

Shine Light Dance Fitness is a fun low-impact fitness workout accessible to all levels. You improve your stability and mobility while having a great time dancing. It's a great mood booster too. Why wait? It's your time to SHINE!

Introductory Class | Friday | Mar 7 | Free

6-Week Session | 6 Fridays | Mar 14-Apr 18 | \$120

9:00-10:00 AM | Prescott | \$120 | Age 18+

>> Please be sure to bring water and to wear the proper attire to your fitness class. Your registration confirmation email will provide you with the proper equipment to bring.

HEALTH & WELLNESS

Mastering Your Macros: Understanding Nutrients

Scott Blumsack

Ever wonder what macronutrients are and why they matter? Scott Blumsack, with his background in NCAA athletics and dropping 100 pounds, will guide you through the essentials of counting and understanding macronutrients. Learn how proteins, fats, and carbohydrates impact your health and how to balance them for optimal well-being. This introductory course is designed for individuals looking to improve their nutritional knowledge in a simple and engaging way.

4 Wednesdays | Jan 8-Jan 29 | 7:00-8:00 PM

Prescott | \$80 | Age 16+

Intermittent Fasting Workshop

Scott Blumsack

Explore intermittent fasting as a way of life with Scott Blumsack, who has personally embraced this holistic health practice. This session is ideal for anyone curious about intermittent fasting but needs to figure out where to start. Scott will share his experiences, practical tips, and insights on how to incorporate intermittent fasting into your daily routine safely and effectively. This is not a clinical course but rather an opportunity to learn from someone who lives it and can guide you through your journey in a supportive, no-pressure environment. The program offers a two-day experience. Day one will focus on education, pros and cons, tips and tricks for execution, and crafting a plan to perform an intermittent fast. We will then return on day two to discuss and share the experiences from the fast. We can all learn from each other.

2 Tuesdays | Jan 21-Jan 28 | 6:30-8:00 PM

Prescott | \$50 | Age 18+

Building Inner Resilience with Mindfulness

Trish Garrigan

We will learn and practice skills to build inner strength based on the ancient practices of mindfulness, meditation, and self-compassion. These practices will help you develop a positive mindset and build resilience to help you face what life throws your way. We will explore ways to use these skills in everyday life. The class will include a short presentation, experiential practice periods, and sharing and discussion. The material is based on the work of Rick Hanson, Neuroscientist and Author of "Hardwiring Happiness" and "Resilient" and Insight Meditation practices, as taught by Tara Brach and Jack Kornfield.

4 Tuesdays | Jan 14-Feb 4 | 10:00-11:15 AM | Prescott
\$60 | Age 18+



Self Massage for Pain Relief

Jamie Chenelle

In this workshop, you will learn targeted self massage techniques to address pain and movement restrictions. Using a variety of pliable but dense rubber balls and other tools, you will be able to give yourself a therapeutic deep tissue massage for immediate relief of chronic soft tissue issues, such as stiffness, trigger points, and muscle tension, while also providing stress relief and relaxation.

By the end of each workshop, each of which targets a different pain pattern, you will be empowered to manage your own pain, improve your mobility, recover from your physical activities, or address repetitive overuse issues. By learning self-massage, you will gain a new understanding of your body from the inside out. You will love this new addition to your self care toolbox.

WORKSHOP TOPICS:

Feb 9 - HEADACHES + NECK PAIN: Using gentle tools, you will learn to address some of the restrictions and imbalances that can help relieve the intensity or frequency of migraines, headaches, and neck pain.

Apr 6 - DESK WORKERS: In this workshop, you will learn to address the areas of the body that get most tight, painful, or stiff when you work at a computer or have to sit for long periods regularly -- especially, lower back, upper back, and neck.

Jun 1 - AGE 55+: In this workshop, you will learn to improve your general mobility and circulation, and reduce muscle tension and stiffness, with modified techniques that are more gentle and accessible-- no need to get down to the floor!

Headaches + Neck Pain | Sunday | Feb 9 | 4:00-5:30

Desk Workers | Sunday | Apr 6

Age 55+ | Sunday | Jun 1

2:00-3:30 PM | Prescott | \$25 | Age 16+

HEALTH & WELLNESS

M Factor Documentary Screening & Discussion

Kerry Ann Madden

55 million women in the United States are currently experiencing menopause. The *M Factor: Shredding the Silence on Menopause* explores the hidden impact of menopause on women's lives. With evidence-based information, the film empowers women to make informed health decisions and aims to remove the stigma surrounding menopause and aging. Join Menopause Health and Fitness Specialist Kerry Ann Madden for a documentary screening followed by a lively discussion of key themes in the film. Refreshments will be provided.

Thursday | Jan 23 | 6:30-9:00 PM | Prescott | \$20
Age 18+

Thriving Through Midlife: Peri through Post Menopause

Kerry Ann Madden

Menopause is a hot topic of late with everyone from Oprah to Drew Barrymore shining the spotlight on this life stage. The amount of information can feel overwhelming at best and discouraging at worst. Join Master Personal Trainer, Nutrition Coach, and Menopause Fitness Specialist Kerry Ann Madden as she helps you understand what is going on in your body, how you can find solutions for your symptoms, improve your quality of life, and navigate the journey to optimize your next phase in life! Instructor will email students the materials. Students shall bring clipboard/notebook and pen/pencil to the class.

Tuesday | Feb 4 | 7:00-8:00 PM | Prescott | \$20
Age 18+

A Meditation Workshop: Loving What Is (The Work of Byron Katie)

Christine Rottger

In this workshop, we will learn the transformative process, The Work of Byron Katie, to gain a perspective of clarity and inner peace. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. Participants will practice listening to the answers they find inside themselves and open their minds to profound, spacious, and life-transforming insights.

Thursday | Jan 30 | 6:30-8:00 PM | Prescott | \$20
Age 13+



Mental Health Awareness and Accessibility

Judy McKendry & Susan Root

According to the National Institute of Mental Health (NIMH), in 2022, an estimated 59.3 million adults in the United States (23.1%) experienced a mental illness. The National Alliance on Mental Illness (NAMI) advocates education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. In this program, the NAMI local representatives will give a general introduction to mental health, including the statistics for adults and youth, the impact of COVID-19, stigma, myths or misunderstandings about individuals with mental health conditions, and elements of the holistic approach to treating mental health conditions.

Tuesday | Mar 18 | 6:30-8:30 PM | Prescott | Free
Age 14+

Adult, Child & Infant CPR with AED and First Aid

Kierstin Pane

This intensive three-hour course covers adult/child CPR and AED, adult/child/infant choking, and infant CPR. Following the course, you will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. You will also learn how to help someone who is choking, respond in other emergency situations, and use an AED. An American Heart Association course completion card good for two years will be emailed to participants following the course.

Thursday | Jan 30 | 6:00 PM-9:00 PM
Thursday | Feb 27 | 10:00 AM-1:00 PM
Thursday | Mar 27 | 6:00 AM-9:00 PM
Thursday | Apr 10, 10:00 AM-1:00 PM
Prescott | \$110 | Age 15+



Navigating Massachusetts' Paid Family and Medical Leave Program

Mary Tibma

The Commonwealth's Paid Family and Medical Leave (PFML) program provides temporary income replacement and job protections to eligible workers when they need it most. PFML is available to those who are welcoming a new child into their family, are struck by a serious illness or injury, need to take care of an ill or ailing relative, and for certain military considerations. We'll talk about how you or your family member can take paid family leave for up to 26 weeks in a benefit year and how that can be structured to best meet your individual needs. In addition, we'll look at the benefits of taking leave and the positive impact it can have for you and your family. Please join us to learn more about this important program, including eligibility, benefits, and how to apply.

Prescott CC is delighted to co-host this FREE program with the Council of Aging and Groton Neighbors.

Sunday | Apr 6 | 2:00-3:30 PM | Prescott | Free | Age 18+

NATURE & OUTDOORS

Guided Owl Walk

Scott Wilson

Join Scott Wilson, an avid birder, for an evening hike along the wooded trails to listen for who's hootin' in the woods and search for the most mysterious owls in the area. We may see Great Horned Owl, Barred Owl, or Northern Saw-whet Owl on the walk.

Saturday | Feb 1 | 6:00-7:30 PM | Off-Site | \$20 | Age 15+

Orchid Care: Reblooming & Propagation

Christine Rottger

Learn to care for your orchid plants so you can enjoy their beautiful blooms again and again. You will also learn the techniques to propagate and share them with your family and friends.

*Wednesday | Feb 5 | 7:00-8:00 PM | Prescott | \$20
Age 18+*



CURRENT EVENTS

Geopolitical Roundtable: A Closer Look at Significant Issues and Events in Geopolitics Today

Bruce Zukauskas

MG(Ret) Zukauskas will lead and facilitate a roundtable discussion on significant geopolitical issues and events occurring in today's complex world in order to provide a forum for a better understanding of world events and a means to discuss and learn about different viewpoints on world affairs. General Zukauskas will select his "Top 3 Issues/Events of the Day" prior to each session and will provide 20 mins of background information to help attendees better understand the topics. A roundtable discussion will immediately follow.

Tuesday | Feb 4, Apr 8, Sep 30, Nov 18 | 7:00-9:00 PM | Prescott | \$20 per class | Age 15+

China and Sino-US Relations in the Era of Trump

Tommy Lamont

This course will examine and discuss China today and the implications for China and the United States as Donald Trump once again takes charge of U.S. foreign policy. The first class will focus on the significant trends and challenges facing Chinese society and and China's government. The second class will focus on relations between the U.S. and China, and will include some historical context on what is now the world's most important bilateral relationship.

2 Thursdays | Feb 26-Mar 5 | 7:00-8:30 PM | Online | \$40 | \$20 for individual class | Age 16+

HOME & GARDEN



Rewilding: An Intro to Native Plants!

Trevor Smith

Native plants and pollinators are all the buzz these days. What are natives? Why should we plant natives? How can we work them into our landscapes and gardens? All this and more will be covered in this program providing you with all you will need to know to make informed decisions for your landscape.

Tuesday | Jan 21 | 6:30-8:00 PM | Prescott | \$35 | Age 18+

Elements of Landscape Design

Trevor Smith

Beauty is in the eye of the beholder. This goes for how we design our gardens as well. Your garden and landscape should look how YOU like, and while there isn't a "wrong" way to design a garden, we can find ourselves off track or missing the mark. Trevor Smith, Design Manager at Weston Nurseries, will offer some guidelines and tricks to help create a cohesive garden full of seasonal interest that can be applied to any gardening style.

Tuesday | Jan 14 | 6:30-8:00 PM | Prescott | \$35 | Age 18+

TRAVEL & LANGUAGE

Bonjour Les Amis! Cours Avancé

Katy Niose

Students who attend this class should have a solid foundation in the French language and be able to converse in French. Students will hone French conversational skills, delving into advanced grammar, usage, and mechanics while learning to solve translations. The class will mainly be taught in French, and we will strive to maintain French dialogue, while learning through music, international signs, body language, games, reading short current event articles, graphic novels, and/or listening to short blogs.

6 Wednesdays | Jan 8-Feb 12 | 10:30 AM-12:30 PM | Prescott | \$200 | Age 18+

Bonjour les amis! Cours pour débutants - Beginner French

Katy Niose

Students will learn French conversational skills, grammar, usage, and mechanics, while learning to solve translations and honing their pronunciation and dictionary skills. Students will be learning French interactively and naturally, through Total Physical Response. We will be using music, international signs, and games during class. Students will learn basic greeting vocabulary, common expressions and commands, items, numbers, and so much more.

4 Wednesdays | Mar 5-Mar 26 | 10:30 AM-12:00 PM | Prescott | \$100 | Age 18+

Tour Viñales and Havana, Cuba – A 10 Day Cultural & Educational Experience

Nick DePasquale

Nick DePasquale, a US-based host/tour leader, and an award-winning photographer, will lead a small group of 8 travelers to visit the valley and fields of Viñales and the capital Havana for a 10-day tour in 2026. Nick will guide you through the trip preparation and join you for the trip. This is a cultural and educational experience in support of the Cuban people.

Wednesday | Feb 19 | 7:00-8:30 PM | Prescott | Free | Age 18+

Buona Conversazione! Beginner Italian Conversation!

Alessandro Terri

This class will be an introductory-level course focusing on Italian conversation. We will cover different topics such as Italian culture, geography, pronunciation, and grammar trying to have fun in an interactive way. The class offers the community a chance to learn basic Italian conversation and feel comfortable interacting with Italians in various activities while visiting Italy. Instructor Alessandro is looking forward to sharing this journey with you.

6 Wednesdays | Mar 5-Apr 9 | 9:15-10:15 AM | Prescott | \$120 | Age 16+

HISTORY & CULTURE



Abbott Lawrence: From Groton Farm Boy to Textile Titan

Joshua Vollmar

Learn the story of Abbott Lawrence and his brothers, Groton natives who rose to be Boston merchant princes and led the first industrial revolution in American history. Based on his thesis, community historian Joshua Vollmar will cover how Lawrence rose from a modest background to the heights of power, with the city of Lawrence, MA, named for him, and the family's enduring legacy.

*Thursday | Feb 27 | 7:00-8:30 PM | Prescott | \$20
Age 16+*

Family Tour of the New England Shirdi Sai Parivaar

Nandini Johri

Come and join us to visit New England Shirdi Sai Parivaar (NESSP), a temple in Groton, MA! NESSP was formed by devotees who share their love for Shri Shirdi Sai Baba and are inspired by His teachings. The tour will start with a presentation and a tour of the building to learn about their religions and beliefs. The participants may then purchase their lunch from Sai Canteen, enjoy the food together, and learn about the Food culture.

*Saturday | Mar 22 | 10:00-12:00 PM | Prescott | \$10
Age 5+*

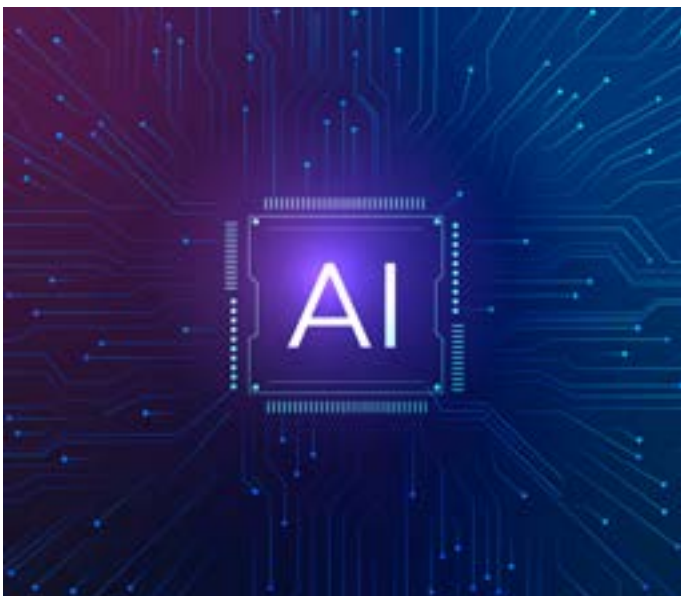
Chinese New Year Celebration!

Wanfang Murray

Chinese New Year or Spring Festival is the most important holiday in Chinese culture! The celebration starts the evening preceding the first day of the year to the Lantern Festival, held on the 15th day of the year. The family offers Laba porridge to the ancestors on the eighth day of the lunisolar month before the Chinese New Year. The house is thoroughly cleaned before the New Year's Eve reunion dinner. Food, a huge part of the New Year Celebration, represents well wishes for the beginning of the new year. Dragon dance, lion dance, fireworks, fresh flowers, food, and red envelopes bring in the new year. Lantern Festival concludes the new year with sweet glutinous rice balls. UNESCO has officially added the Spring Festival to the representative list of Intangible Cultural Heritage of Humanity. The participants will learn about Chinese New Year traditions and taste some of the festival food!

*Saturday | Jan 25 | 4:00-6:00 PM | Prescott | Adult \$20
Child \$5 | Material fee \$10 | Age 5+*

SCIENCE & TECHNOLOGY



AI - What Does It Mean to Me?

Ed McNierney

Suddenly, AI is everywhere. It's new (not really), it's cool (often), and it's scary (sometimes). We'll talk about what AI is and what it isn't, the major categories/technologies used in AI, its near-term applications, and speculate a bit on where it's going. We'll talk about these questions: How can I use AI tools in my everyday life?; What does AI mean in an academic environment?; For artists and writers, how does AI affect my property and rights?; What aspects of AI should I REALLY be afraid of?; Can I do anything about them? This session will be an overview and introduction. We won't go into detail on these topics, but attendees will be provided with not-very-technical references and resources for further investigation.

*Tuesday | Feb 11 | 7:00-9:00 PM | Prescott | \$20
Age 16+*

FOOD & DRINK



A World of Teas

Paul Angiolillo

Learn how to brew the perfect cup of tea, while sampling 7 to 8 fine, loose-leaf teas, with sweet and savory snacks to complement them. Tea has played a major role in the history of the world, influencing trade and trade routes, arts and crafts, cultural habits, and social movements. Discovered in China, the tea plant (*camellia sinensis*) traveled to Japan, Nepal, India, Ceylon, the Middle East, Western Europe, and, finally, the Americas. Like wines, there are hundreds of kinds of tea, with different qualities, depending on the varietal, climate, soil, and processing methods. We'll sample a variety of teas—black, oolong, green, and others—from China, India, Sri Lanka (Ceylon), Taiwan, and other great producers. We'll also discuss the fascinating history of this “elixir from the East.”

Saturday | Feb 8 | 2:00-3:30 PM | Prescott | \$20

Material Fee \$5 | Age 18+

Valentine's Cookie Decorating

Lori Fischelis

Grab your friends and family for a fun evening of cookie decorating! This cookie decorating class is perfect for learning the basics of cookie decorating along with the different consistencies of using royal icing to decorate with. The class will begin with a practice sheet and then move on to the Valentine's Day themed cookies. You will learn to outline and flood cookies and use “wet on wet” techniques with multiple holiday colors. The instructor will prepare the materials, cookies, and frostings beforehand. You just show up and enjoy the evening. Each student will leave with six decorated cookies. This is a class for beginners and intermediate decorators.

Tuesday | Feb 11 | 6:30-8:30 PM | Prescott | \$40

Material Fee \$20 | Age 15+



Making the Iconic Indian Samosa

Nandini Johri & Teena Juby

Samosa is the most popular street food in India. In this workshop, we will make Samosa from scratch with step-by-step instructions. We will prepare the dough with flour, salt, oil, and water, and make the potato filling with boiled potatoes, green peas, onions, and spices like turmeric powder, chaat masala, salt, pepper, etc. Then we'll shape the dough into a cone, fill it with the potato mixture, seal it, and fry it in a pan! Yum yum... Serving the freshly made Samosa with chutneys!

Friday | Feb 21 | 5:30-7:30 PM | Prescott | \$30

Material fee \$8 | Age 6+



Whisky/Whiskey 101

Miguel Salguero

Let's begin the year 2025 with a Whisky/Whiskey night! Miguel Salguero, Prescott's favorite mixology instructor, will offer a 101 class to introduce the basics of whisky or whiskey, whisky vs. whiskey, how they're made, and the different variations. Unlike other cocktail classes, Miguel will bring the finest whiskeys for students to taste, not making any cocktail drinks. Join us for a fun and relaxing journey!

Friday | Mar 7 | 7:00-9:00 PM | Prescott | \$65 | Age 21+

GAMES & RECREATION



Board Games for Adults

Kerri Strauss & Kate Blount

Join us for game night! Do you enjoy board games? Love a good card or dice game? Are you looking for an opportunity to get out of the house and connect with others in the community for some light-hearted fun? We will play a variety of games ranging from light strategy games to fast-paced games of chance. Feel free to bring your favorite game. No experience necessary. Prescott will provide water and snacks for a fun evening of game play!

*Fridays | Jan 24, Feb 28, Mar 28, Apr 25, May 23
6:30-9:00 PM | Prescott | \$8 per night | Age 18+*

Game Night for Twenty-Somethings - Age 18-29

Jonah Krampitz

Join us at Prescott for an in-person meetup for twenty-somethings with a passion for gaming. In the online space, the ability to socially connect with others is slowly becoming more rare. Game Night is a chance for people to find a common connection. These games can range from board games, video games, card games, party games to anything that has that gaming spirit. Come grab a slice of pizza and hang out with other like-minded folks. Pizza and water will be provided for a fun evening of game play.

*Fridays | Jan 10, Feb 7, Mar 7, Apr 4, May 2, May 30
7:00-9:00 PM | Prescott | \$10 per Friday | Age 18-29*

FAMILY FUN

Family Paint Night: Winter Cardinal

Claudia Owens

Join us for a night of creativity, chatter, and time with family or friends as we come together to paint a canvas! In this session, we will paint a Winter Cardinal Scene. These are acrylic paintings on canvas and as we work through the painting process, participants will learn painting and brushwork techniques. There will also be opportunities for participants to add their own artistic flair. This workshop is suitable for kids and adults of all artistic abilities.

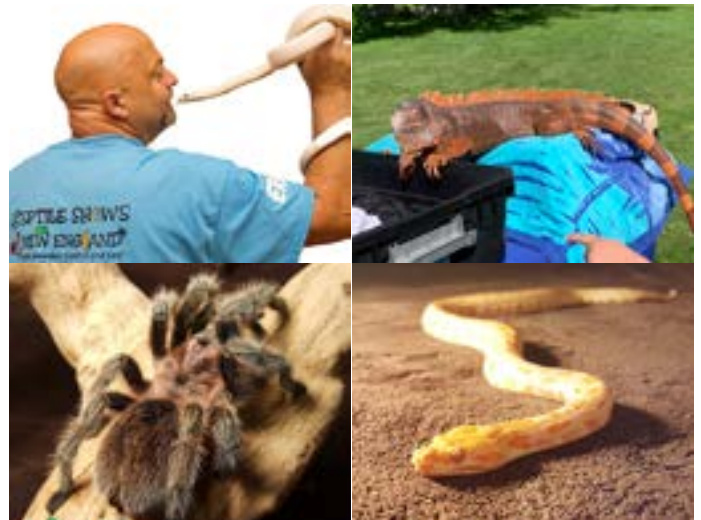
*Friday | Jan 31 | 5:30-7:30 PM | Prescott | \$15
Material Fee \$5 | Age 5+*

Making Chinese Dumplings 'Jiaozi'

Ann Wong & Wanfang Murray

Join us for a delicious hands-on experience making Chinese dumplings 'Jiaozi'! The Jiaozi, which originated over 2000 years ago in northern China, have continued to evolve with the culture and emerged as a favorite in the world. Its shape resembles ancient Chinese gold or silver ingot and thus symbolizes wealth. In this workshop, we will make traditional and vegetable fillings, wrap the dumplings, and cook them in three different ways (steam, boil, and pan-fry). We will prepare two kinds of dumpling sauces to serve with the dumplings. The best part? Tasting our own creations! A fun and tasty event with family and friends.

*Friday | Feb 7 | 5:30-7:30 PM | Prescott | \$15
Material fee \$10 | Age 6+*



Reptile Show - Pythons, Boas, Geckos, & More!

Reptile Shows of New England

Want to learn more about our reptile friends and have a hands on and interactive experience with them? This program is for you and your family! Reptile Shows of New England will introduce each reptile including where they come from, what they eat, how they defend themselves, how big they get, and other interesting facts. The audience will get a chance to touch the reptiles and take photos with them after the talk. The interactive talk is about 40 minutes with an additional 30-45 minutes for touching/holding the animals and photo time. The total show time is 1.5 hours. The guest reptiles include Crested Gecko, Red Tail Boa, Argentine Black and White Tegu, Carpet Python, Ball Python, Big Burmese Python, Hognose Snake, Corn Snake, Rat Snake, Bearded Dragon, Blue Tongue Skink, Tarantulas, and Iguanas.

Sunday | Jan 19 | 2:00-3:30 PM | Prescott | \$12 | Age 5+

COMMUNITY

>> **Local Luminaries** are those individuals who have made a significant contribution to their community. This informal conversational seminar provides a forum for old friends and new friends to get to know them better and appreciate their efforts.



Groton Environmental Action

Virginia Wood & Nathaniel Cabot

Is your time limited, but you want to do more to save planet Earth? Join us for local environmental strategizing and action. We plan to introduce a different environmental issue every month as described in Attenborough's documentary *Breaking Boundaries: The Science of Our Planet*. We will view a film, have group discussions, and hear from a local speaker. Films include: *Breaking Boundaries - The Science of Our Planet*, *Before the Flood*, and *A Life on Our Planet*. Our goal is to develop a community-based action plan to address urgent environmental issues.

Environmental Tipping Points | Saturday | Jan 11

Climate Change | Saturday | Feb 15

Loss of Biosphere Integrity | Saturday | Mar 15

2:00-5:00 PM | Prescott | Free | Age 15+



Local Luminaries: Susan Randazzo

Susan Randazzo & Mary Jennings

Susan Randazzo is one of the original founders of Indian Hill Arts, now Groton Hill Music Center. Come join a conversation with this recently retired Director of Groton Hill Music and learn about the fascinating journey she and a small group of volunteers embarked on in 1985. Another non-profit success story for Groton, with many interesting twists and turns along the way!

Sunday | Mar 30 | 2:00-4:00 PM | Prescott | \$20 | Age 14+



Open Mic Night

Join Prescott the 2nd Friday of the month for Open Mic Night. Musicians, poets, comics, magicians, singers and local performers welcome. Sign up at the welcome table upon arrival for your performance time slot. Sign-ups begin at 6:30 PM and performances start at 7:00 PM. Beer, wine, refreshments, pizza and popcorn available. Come perform or listen! A fun and entertaining night out! Anyone attending under age 18 must be accompanied by an adult.

2nd Friday of the Month | FREE Admission

Doors Open & Sign-Up Begins 6:30 PM

Prescott Community Room (Downstairs)

CHILDREN'S PROGRAMS



Creative Dance Movement for Ages 3-7

Tony Guglietti

This playful hour of dance weaves together movement games, ballet and contemporary dance, and storytelling. Decent Dance believes that children have a natural understanding of physical expression: after all, that is their primary mode of communication in those early years! Tony's Creative Movement class taps into the imaginative spirit and innate desire to wiggle for children ages 3-5. By integrating both open-ended prompts and what we like to call "soft technique", this class offers just enough structure and a whole lot of autonomous empowerment for young dancers.

5 Saturdays | Jan 11-Feb 8 | 9:30-10:30 AM | \$90

6 Saturdays | Feb 22-Mar 29 | 9:30-10:30 AM | \$108

6 Saturdays | Apr 5-May 17 (No class Apr 19)

10:30-11:30 AM | \$108

Prescott | Age 3-7

Kids for Community + Parents Night Out- Ages 6-10

Lawrence Academy Student Leaders

Kids will enjoy some fun games and activities and get to work on a service craft project to help others, all while parents take a moment to themselves. The games and activities will be played indoors or out. The service projects may include making birthday cards for wish kids with a critical illness, no-sew blankets, or greeting cards for Golden Age neighbors. Snacks and water will be provided for a fun evening of play.

Friday | Jan 24, Feb 28, Apr 11, May 23 | 6:15-8:00 PM

Prescott | \$12 per Friday | Age 6-10

Messy Makers: Sensory Play for Ages 2-5

Christin Magliozzi

Participants in this 4-day adventure will enjoy the wholesome fun of sensory exploration. Youngsters and their caregivers will have the opportunity to get their hands messy with various materials. Participants may want to bring a change of clothes.

4 Fridays | Jan 10-Jan 31

4 Fridays | Feb 7-Mar 7 (No class Feb 21)

4 Fridays | Mar 14-Apr 4

4 Fridays | Apr 11-May 9 (No class Apr 25)

4 Fridays | May 26-Jun 6

10:00-11:00 AM | Prescott | 1st Child \$70 | 2nd Child \$40

Material fee \$10 per child | Age 2-5



Tiny Tots: Sensory Play & Art - Ages 0-3

Christin Magliozzi

Participants in this 4-day adventure will enjoy the wholesome fun of sensory exploration. Youngsters and their caregivers will have the opportunity to get their hands messy with various materials. Participants may want to bring a change of clothes.

4 Tuesdays | Jan 7-Jan 28

4 Tuesdays | Feb 4-Mar 4 (No class Feb 18)

10:00-11:00 AM | Prescott | 1st Child \$70 | 2nd Child \$40

Material fee \$10 per child | Age 0-3

Kids Theatre Workshop: Sing, Dance, & Act! - Age 8-12

Tina Marcouillier

Let's Sing, Dance, and Act! In this class, we will learn the songs and choreography from various youth theater musicals. All you need are comfortable clothes, dancing shoes, and a water bottle. In the last class, we will perform all your hard work for family and friends!

**6 Saturdays | Mar 8-Apr 12 | 2:00-4:00 PM | Prescott
\$180 | Age 8-12**

CHILDREN'S PROGRAMS



Learn to Play Chess - Ages 6+

Lawrence Herbert

Do you want to learn and play chess with other chess enthusiasts? The players will dedicate their time to practicing and learning. The instructor will teach the rules, tactics, and strategies through game playing. We will keep the scores for all 6 sessions. The highest scorer will get a special award at the end of the program. This class is great for all levels. Students may bring their chess sets to the classroom, but not required. Come and meet your match! *Adults are welcome to register for this class.*

*Saturday | Jan 11-Feb 15 | 10:30-11:45 AM | Prescott
\$140 | Age 6+*



French Knitting - Ages 10-14

Christine Rottger

In this class, the children will learn the French Knitting method using a knitting spool with pegs to create a tube. They will fall in love with this fun and creative activity to make headbands, necklaces, bracelets, coasters, pot holders, and many more. Students are required to bring materials to this class. See online description for details.

**The first class is 30 minutes longer ending at 5:00PM.
6 Wednesdays | Jan 22-Mar 5 (No class Feb 19)
3:30-4:30 PM | Prescott | \$120 | Age 10-14*

Fast Skills Sports

At the Fast Skills Sports program, the coaches facilitate the essential elements of success in many different sports and activities. The instruction emphasizes both skill-specific and team play. The program will focus on the fundamentals, skills, and rules of the sport/game. Sessions will include a combination of skill focus and game-play periods. Participants will learn more than just sports in the program. They are taught about teamwork, resiliency, self-discipline, and the importance of making good decisions. Play Safe, Play Fair, and Have Fun!

Fast Skills Sports: Floor Hockey - Ages 10-13

Patrick Gendron/Fast Skills Sports

*4 Tuesdays | Jan 7-Jan 28 | 3:15-4:15 PM | Prescott
\$75 | Age 10-13*

Fast Skills Sports: Floor Hockey - Ages 6-9

Patrick Gendron/Fast Skills Sports

*4 Tuesdays | Jan 7-Jan 28 | 4:30-5:30 PM | Prescott
\$75 | Age 6-9*

Fast Skills Sports: March Madness Basketball - Ages 10-13

Patrick Gendron/Fast Skills Sports

*4 Tuesdays | Mar 4-Mar 25 | 3:15-4:15 PM | Prescott
\$75 | Age 10-13*

Fast Skills Sports: March Madness Basketball - Ages 6-9

Patrick Gendron/Fast Skills Sports

*4 Tuesdays | Mar 4-Mar 25 | 4:30-5:30 PM | Prescott
\$75 | Age 6-9*

Fast Skills Sports: Volleyball - Ages 6-9

Patrick Gendron/Fast Skills Sports

*4 Tuesdays | May 6-May 27 | 4:30-5:30 PM | Prescott
\$75 | Age 6-9*



GDRSD Early Release Programming for Ages 6-9



Snapology: (Winter/Spring) STEM, LEGOS, ROBOTICS, & MORE! - Ages 6-9

Snapology

Build away with friends on GDRSD early release days at Prescott! With dozens of programs to choose from, there's something for everyone. From fun, themed programs using LEGO® bricks to STEM / STEAM programs, Robotics, Movie-Making, and Drones, your children will be engaged from the minute they walk in the door. Each session will include two project activities with a 20-minute break in between. Students can bring their lunch and drinks to Prescott at 12:30 PM before the class or arrive at 1:00 PM for the start of class.

Mining & Building EPIC Minecraft | Friday | Jan 10

Pre-Historic Robotics Workshop | Friday | Feb 7

Dr. Seuss Workshop | Friday | Mar 7

Brick City & Mini-Figure Mania | Friday | Apr 4

Animation Studio | Friday | May 2

Mega Machines | Monday | Jun 16

12:30-3:30 PM | Prescott | \$45 per class | Age 6-9

February Break: Tue, Feb 18-Fri, Feb 21 Programming for Ages 6-14

Snapology: (February Break) STEM, LEGOS, ROBOTICS, & MORE! - Ages 6-9

Snapology

Build away with friends at Prescott! From fun, themed programs using LEGO® bricks to STEM/STEAM programs, Robotics, Movie-Making, and Drones, your children will be engaged from the minute they walk in the door. Each session will include two project activities with a 20-minute break in between.

Mega Machines Robotics | Wednesday | Feb 19

9:00 AM-12:00 PM

AttackBots | Thursday | Feb 20 | 12:30-3:30 PM

Prescott | \$45 per class | Age 6-9



Winter Penguin Canvas Painting - Ages 8-14

Claudia Owens

In this workshop, students will create an 11x14 canvas painting featuring a winter penguin. We will paint together step by step, learning, and practicing acrylic painting techniques. Students will have opportunities to create their flair and details.

Tuesday | Feb 18 | 10:00 AM-12:00 PM | Prescott | \$30

Material fee \$5 | Age 8-14

>> Some of our children's programs require an adult to stay for the class. Please see the online class description for requirements.

CHILDREN'S PROGRAMS

February Break: Tue, Feb 18-Fri, Feb 21
Programming for Ages 6-14



Fast Skills Sports: Multi-Sport February Break - Ages 6-11

Patrick Gendron/Fast Skills Sports

Have a kid who loves to move? Does your child want to explore different styles of games and sports? At the Kids Multi-Sport Program, we facilitate the essential elements of success in many different sports and activities. The instruction emphasizes both skill-specific and team play. The program will focus on fundamentals, skills, and rules of games. Sessions will include a combination of skill focus and game-play periods. Participants will learn more than just sports in the program. They are taught about teamwork, resiliency, self-discipline, and the importance of making good decisions. Play Safe, Play Fair, and Have Fun!

All Sports | 3-Days | Feb 18-Feb 20 | \$125

Volleyball/Wiffle Ball | Tuesday | Feb 18 | \$45

Floor Hockey/Pickleball | Wednesday | Feb 19 | \$45

Table Tennis/Basketball | Thursday | Feb 20 | \$45

9:00-11:30 AM | Prescott | Age 6-11

Learn to Play Pickleball - Grades 5 & 6

Sue Adams

Learn to Play Pickleball for Grades 5 & 6! This class is geared for the player who wants to learn the game and all of its rules. Each week, the focus will shift to a different element of the game. During each class, there will be instruction, player development skills & drills, and gameplay. The expectation when you sign up is that you will attend all 3 weeks of the session.

Tuesday-Thursday | Feb 18-Feb 20 | 3:30-5:00 PM

Prescott | \$125 | Grades 5 & 6



Junior Tennis - Grades 1 & 2

Sue Adams

Junior Tennis Lessons for Grades 1 & 2! Players will be taught Tennis fundamentals through drills and games in a small class setting (4 students).

Tuesday-Thursday | Feb 18-Feb 20 | 12:00-1:30 PM

Prescott | \$125 | Grades 1 & 2



Junior Tennis - Grades 3 & 4

Sue Adams

Junior Tennis Lessons for Grades 1 & 2! Players will be taught Tennis fundamentals through drills and games in a small class setting (4 students).

Tuesday-Thursday | Feb 18-Feb 20 | 1:45-3:15 PM

Prescott | \$125 | Grades 1 & 2



**French Cooking Fun:
Crepes, Songs, Stories, and Games! - Ages 6-11**

Katy Niose

We will have fun learning to make French Crepes (à la française) while learning well-known French words and sayings through songs, stories, and games! Kids will work from scratch to make the soft, tender, and paper-thin French crepes. They will mix ingredients like flour, sugar, salt, eggs, milk, and butter in a bowl; pour the batter into a frying pan; rotate the skillet to spread the butter in a thin layer; flip it until the crepe is lightly brown on both sides; and top it all off with whipped cream, fresh fruits, chocolate sauce, sugar, etc! Then we'll eat, sing, hear stories, and play games, the French way!

Wednesday | Feb 19 | 10:30 AM-12:00 PM | Prescott | \$25 | Material fee \$10 | Age 6-11

**Origami Crafts, Calligraphy & Stories:
A Fun Afternoon to Learn Japanese Traditional Culture - Ages 6-13**

Nami Kodaka

Let's make origami, a traditional Japanese paper craft, together! Fold or cut colorful square papers and make animals, flowers, and fun shapes. You can create advanced pieces such as a "Koma" spinning top, a gift box, or hanging ornaments. Instructor Nami, born and raised in Japan, with her daughter Himika, will provide step-by-step instructions. At our calligraphy station one of our instructors will write participants' names on a traditional "washi" paper in Japanese. This fun afternoon will conclude with reading Japanese folk stories while eating Japanese snacks.

Tuesday | Feb 18 | 12:30-3:30 PM | Prescott | \$45 Age 6-13



**French Cooking Fun:
Snow Candies, Stories, and Songs! - Ages 6-11**

Katy Niose

Join us for some French Sweets! We'll make snow-themed maple bonbons (candies in French) while learning a few French words, singing songs, reading stories, and playing games as French kids would! With the newly fallen New England snow (yes, we will pray for it), it's the best time to make these fun old-fashioned maple candies (bonbons) on snow! The kids will pack the snow firmly in shallow pans, and drizzle the syrup liquid onto the snow. Nothing is better than eating it immediately right out of the pan! How does this happen!? Join us for the answers and some sweet fun!

Friday | Feb 21 | 10:30 AM-12:00 PM | Prescott | \$25 Material fee \$10 | Age 6-11



Drawing Workshop: Amazing Animals - Ages 8-14

Claudia Owens

In this workshop, students will choose an animal to focus on. Students will learn drawing techniques to help them draw their animal independently. Through guided instruction, they will also learn texture, shading, and patterning techniques. Putting all these skills together, students will create an entire finished and detailed drawn scene of their animal in its habitat. Drawing pencils and colored and/or watercolor pencils will be used.

Thursday | Feb 20 | 10:00 AM-1:00 PM | Prescott | \$45 Material fee \$5 | Age 8-14

INFORMATION & POLICIES

>> Class Location & Instructors

All classes to be held at the Prescott Community Center, 145 Main Street, unless otherwise noted in the class description. Most of our Instructors are independent contractors or volunteers; curriculum is their responsibility and learning rests with the instructor and students.

>> Holidays, Cancellations, & Make-Up Classes

Classes are not held on legal holidays except where noted. PCC reserves the right to cancel any course with insufficient enrollment within 3 days prior to the first date of the class. In the event of a class cancellation or make-up class we notify participants using phone numbers or emails provided to us. To avoid cancellations, we urge you to sign up for classes 7 days before the start date of a class.

>> Class Withdrawals & Refund Policy

- A refund of the fee less a 10% processing fee will be given if you withdraw 3 or more days prior to the start of the class.
- No refunds will be given if you withdraw 2 days or fewer before the class starts.
- Full refunds will be given for any class that is canceled due to low enrollment.
- We will do our best to schedule make-up sessions when weather forces us to cancel classes.

>> Snow Days

- The Prescott Community Center follows the Groton Dunstable schools weather cancellation schedule Prescott will inform students and instructors as far ahead as possible via email, social media, a recording on our office voice mail (978-877-6933) and the PCC website (prescottscc.org) of weather- related closings.
- We care about your safety and should the weather preclude attendance, contact the office at 978-877-6933 prior to the class. Notifications after the class has taken place will not be eligible for a credit/refund.
- We will work with students who can't attend a make-up class on a case-by-case basis to offer an equitable solution.
- In all cases, students may consider applying the cost of the class to a tax-deductible donation to Prescott.

>> Special Needs

Prescott Community Center is universally accessible. We are committed to serving the needs and interests of everyone in the community-adults, children, seniors and individuals with disabilities. If you need special accommodations, please email the office at connectwithus@prescottscc.org or call 978-877-6933.

>> Mass Cultural Council Card to Culture

The Prescott Community Center is proud to be a member of the Mass Cultural Council Card to Culture Program in collaboration with the Department of Public Health's WIC Nutrition Program, the Department of Transitional Assistance and hundreds of cultural organizations across Massachusetts by making programming accessible to those for whom cost is a participation barrier.

PCC provides a 50% tuition discount on all Fitness and Dance classes for adults. All adult classes listed in the Fitness and Dance category on our website are eligible for this 50% discount for EBT and WIC cardholders.

For our EBT and WIC cardholders: **Click here** to learn how you can receive your discounted Fitness & Dance classes.