



Upcoming Adult Programs at Bedford Recreation

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.

Link to Winter Brochure: <http://goo.gl/Well51>

To Register click here: <http://goo.gl/NrDt96>



ICE DAM PREVENTION with Mark Garvey, owner AirSealing America

Ice dams and icicles are usually a symptom of air leaks through the home's thermal envelope in the attic. Don't throw insulation at an air-sealing problem. In this seminar, we will discuss air sealing and insulation and how to safely reduce your home's energy use and lower your energy costs, reduce your carbon footprint and increase comfort. Methods and materials for reducing heat loss through floors, walls and ceilings will be discussed, as well as strategies for determining air infiltration through the home's thermal envelope

Tuesday, January 19, 7:00-9:00pm.

Fee: \$10 per family

SELF-PROTECTION COURSE

with Tom Bruno

Increase your self-protection confidence by learning practical street self-defense tactics to protect yourself and your loved ones. Don't become a "victim." Learn how to apply very practical defenses and escapes. Techniques are demonstrated slowly and completely to ensure that the mechanics are fully understood. All practice sessions are conducted with a "safety first" approach. Minimum age 14+

Thursdays, 7:00-8:00pm, 1/21-3/17

Fee: \$95

MEDITATION AND ENERGY BALANCING SPA HOUR

with Julie Ramsdell, M.S., Reiki Practitioner

No matter what is going on in your life, by learning to meditate and practice some easy-to-do energy medicine techniques, you will start to feel more present with increased energy in your body. Remove the stress of the week and add joy to your life. You will leave the class feeling empowered and in a state of calm positivity.

Thursdays, 7:00-8:00pm, 1/21-3/3

Fee: \$60

ARCHERY with Mark Pirrello, On The Mark Archery

Experience the thrill of traditional recurve archery indoors this winter and find out why one of the world's oldest sports is making a comeback! This introductory course will guide participants on the pathway to success in a relaxed environment with a unique lesson plan that integrates the aiming process with a variety of skill building games. All equipment provided. Age 13+

Saturdays, 11:00am-12:00noon, 1/23-2/13

Fee: \$100



COOKING WITH GRAINS AND BEANS: All Gluten and Dairy Free

with Amy Borshay-Bokser, Private Chef

Join this demonstrative class and learn about a variety of whole grains and beans. Recipes will include making bean dishes from scratch. These recipes are great for the Winter or all year-round. We will make and sample Millet Squash Croquettes in a Root Veggie Stew, Mexican-Style Black Beans, Chickpea Stew served over Polenta, Brown Rice and Sweet Brown Rice Vegetarian Sushi Rolls. Additional material cost of \$15.

Monday, January 25, 6:30-8:30pm

Fee: \$25

CLASSIC PASTA SAUCES

with Elizabeth Skipper, Personal Chef, The Everyday Epicure

Pasta is one of the biggest food bargains, so why do restaurants charge so much for their dishes? The secret is in the sauce - and most sauces are easy to make at home and much tastier than anything you can buy in a jar. Learn to make three classics: Alfredo, Carbonara, and Puttanesca, as well as which sauces pair best with which pastas and why. Elizabeth earned her professional chef's diploma magna cum laude from Modern Gourmet in Newton, MA. She has lived in Switzerland and traveled extensively, studying food and cooking throughout her travels. Additional material cost of \$12..

Tuesday, February 2, 6:30-9:00pm.

Fee: \$30



PLANNING YOUR EUROPEAN VACATION *with Wim Nijenberg*

Considering planning a trip to Europe? Do you want to know how to simplify the information you need? Do you want to know how to book the best products and services— air, accommodations, rail, car, ferry, sightseeing and others? You can make your trip more enjoyable and save time planning it. Become aware of the many discounts in Europe and avoid missed opportunities. This program is for independently planned (including online), agency planned, unescorted and escorted travel as well as cruises in Europe.

Tuesday, February 2, 7:00-9:00pm

Fee: \$25 per individual or couple

HOW THE GUT MICROBIOME KEEPS YOU HEALTHY

with Cindy Carroll - Nutritionist, MS, RD, LDN, RN

A healthy balance of bacteria and other organisms roaming in your GI tract is essential to keeping your entire body healthy. Medicine is better understanding how these organisms in your gut are connected to your overall health, including cardiovascular health, diabetes, weight control, immune health, etc. A healthy gut flora begins with diet but also other lifestyle factors including exercise, stress management and medication/supplement management, including probiotics. Learn some initial important steps to keeping your GI tract and ultimately YOU healthy!

Wednesday, February 3, 7:00-8:15pm.

Fee: \$30

HIGH INTENSITY INTERVAL

TRAINING (HIIT)

with Ray Marsh, Certified

Personal Trainer for Kamate Fitness

This 30 minute interval blast torches mega calories, builds lean muscle mass and shaves off inches. Using barbells, weighted ropes, step platforms and bosus, this explosive workout will push you to break through your comfort zone! You will have the support of a motivating trainer as you achieve the results you have always wanted.

Thursdays, 8:45-9:15am, Feb. 4-25 or March 3-24

Fee: \$35 per 4-week session

OIL PAINTING *with Corine Mazza, Artist*

Have you ever wanted to learn to paint? 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. All supplies included. Age 16+

Thursdays, 7:00-9:00pm, 2/4-3/3

Fee:\$105

SWEET CHOCOLATE TRUFFLES

with Pam Kanavos, Pastry Chef

Chocolate truffles are such a special treat that receiving a box of these as a gift would put a smile on anyone's face...maybe for Valentine's Day? Learn the magic of making unusual and unique chocolate truffles. We will first master various flavors of ganache and then roll your truffles into beautiful handmade confections. You will take home a box of truffles. Additional material cost of \$16. Ages 16+

Monday, February 8, 6:30-9:00pm.

Fee: \$30

