

Arlington Writes!

Arlington Writes! is a town-wide project that invites writers and non-writers of ALL ages to submit a one page piece of writing about a life experience, starting with the word: ONCE. These pieces will be collected, lightly edited and published in an online book this fall. Designed by Kendall Dudley, a writing and personal coach, teacher and travel leader, this program is supported by a grant from the Massachusetts Cultural Council and the Arlington Cultural Council. To submit your essay, sign your name, add a three-word autobiography, and send it to www.ArlingtonWrites.org. On Town Day, Saturday, September 13, visit the Arlington Writes! booth and listen for readings from Center Stage. Need help jump-starting your ONCE essay? Attend one of Kendall's writing workshops during September and October, including those listed on page 20 of this catalog and a workshop from 7-9pm on October 1 at First Parish Unitarian Universalist Church. Visit the Arlington Writes! site for more information and learn more about Kendall at www.KendallDudley.com.

Mosaic Jewelry Workshop *WEEKEND **Mosaic Oasis Staff**

Design your own piece of jewelry. In one morning, you can walk away wearing a new pair of earrings or a pendant. You may instead choose to make a pin, key chain, letter opener or wine bottle stopper. Class meets at Mosaic Oasis Studio & Supply, 1189B Massachusetts Ave, Arlington. Tuition includes all materials.

CODE: CN029 Saturday, 9/27 10am-12:30pm \$
CLASS40

DIY Upholstery

Kevin Kennedy & Pamela Powell, Upholstery on Broadway
Do you have a dog-damaged or cat-scratched upholstered chair that needs new life? Reupholster the piece yourself and be amazed at the transformation—and at how much fun the process can be. Taught by a master upholsterer, the class covers old school and modern methods and materials for antique, 20th century and contemporary furniture. Learn to disassemble your piece and pad, cut and apply fabric in a step-by-step approach. Your piece may be stored at the shop as you work on it; please limit to chairs and other small pieces. Tuition includes a \$40 materials fee, per piece of furniture, for certain supplies, including cotton, foam, tacks and staples. (Foam, etc. for cushions is additional.) Bring to first class: magnetic tack hammer, wooden mallet, scissors, tape measure, flat screwdriver, and pliers. Tools and fabric may be purchased from the shop; fabric is available at a 20% discount for students. Please note: Smaller chairs or ottomans are recommended for this class, particularly for beginners; large armchairs often take at least two full sessions of this course (16 classes) to complete. Meet at Upholstery on Broadway, 205 Broadway, Arlington. Visit www.upholsteryonbroadway.com.
CODE: CN001.1 8 Wednesdays, 9/24-11/12 5:30-8:30pm \$
CODE: CN001.2 8 Fridays, 9/26-11/14 5:30-8:30pm \$390

Create a Website—Simply! **Margy Rydzynski**

You don't need to know software programming to create a web site; all you need is a computer, an internet connection and an email address. This course will teach you how to create simple personal or business websites by using Weebly, a free, easy-to-use web-based software platform. You'll learn how to add text, photos, videos, music, a blog, e-commerce, maps, games and more. We'll also talk about ways to increase the visibility of your website in search engines. When you register, please note if you do not have an email account so that the instructor can help you set one up before the first class. Participants must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs but the skills taught apply to Macs as well; Mac users must

be comfortable using PCs. After registering, email instructor at margy@brave-new-web.com to get a class account set up. Wireless access may be available if you want to bring your fully-charged laptop to class.

CODE: CU004 4 Tuesdays, 9/23-10/14 7-9pm \$80

Build a Blog or Website with WordPress **Margy Rydzynski**

Blogging is the foundation of social media activities, whether professional or personal. It lets you paint a fuller picture of yourself than do other social media, brand yourself as an expert and increase your visibility on the web. WordPress is the most powerful blogging and content management system around, and can be used to build a website without technical expertise. This course provides an introduction to WordPress.com (the free, hosted version of WordPress) and goes “under the hood” to show you how to create a blog; turn your blog into a website; add, edit and categorize text, photos, videos and recordings; change your blog template; optimize your site for maximum visibility and find and analyze your site statistics. We'll also touch on blogging best practices and show you how to migrate your site to a self-hosted site if desired. Participants need an email account and must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs, but the skills taught apply to Macs as well; Mac users must be comfortable using PCs. Wireless access may be available if you want to bring your fully-charged laptop to class. Email instructor at margy@brave-new-web.com after registering to get a class account set up. Required textbook for this class is WordPress: The Missing Manual, published by O'Reilly and available for purchase at The

Book Rack, 13 Medford Street, Arlington.

CODE: CU008 5 Thursdays, 10/2-30 7-9pm \$100

•NEW Eat, Drink & Be Healthy **Cathy Zolner**

Surviving the holidays healthfully can be tricky! The season often features too much food, too much activity and too little sleep. There is a way to avoid the annual weight gain. All

you need is a plan of action that's easy to follow. In this one-night workshop, you will discover a plan that helps you live a healthier lifestyle during one of the busiest times of the year. Holistic health coach Cathy Zolner will provide you with tricks and tools to survive the holidays more healthfully, including healthy holiday recipes, quick meals to feed the family during the holiday season and a plan for negotiating the buffet and bar without adding extra pounds.

CODE: FD050 Tuesday, 11/4 7-8:30pm \$20