

	Monday MARCH 22	Tuesday MARCH 23	Wednesday MARCH 24	Thursday MARCH 25	Friday MARCH 26	Saturday MARCH 27
9:00-10:00 AM	<p>Mind, Body & Spirit Jennifer Lin Lloyd</p> <p>Unite your mind, body and spirit through concentration, breath and control of movement. Please have available, a cushioned exercise mat. All levels are welcome.</p>	<p>Breakfast with a Red Panda Franklin Park Zoo staff</p> <p>Get ready for cute! Join us to meet the Asian red panda, a raccoon-like mammal that is furry and red with soft, dense fur, who lives at Franklin Park Zoo.</p>	<p>Mind, Body & Spirit Jennifer Lin Lloyd</p> <p>Unite your mind, body and spirit through concentration, breath and control of movement. Please have available, a cushioned exercise mat. All levels are welcome.</p>	<p>Dancing Prana Yoga Margaux Skalecki</p> <p>Movement and yoga flow awareness increase the intake of life force which supports the immune system, calms the nervous system, and rejuvenates our energy.</p>	<p>Mind, Body & Spirit Jennifer Lin Lloyd</p> <p>Unite your mind, body and spirit through concentration, breath and control of movement. Please have available, a cushioned exercise mat. All levels are welcome.</p>	
10:00-11:00 AM	<p>NASA: Out of This World with an Astronaut Dorothy "Dottie" Metcalf-Lindenburger</p> <p>Retired NASA Astronaut, Dottie Metcalf-Lindenburger, will discuss her training for a mission and what it was like to spend 362 hours in space during 2010.</p>	<p>Uncommon Perspectives on Personal Finances Amy Lampert</p> <p>In a zippy and entertaining hour we'll bust some commonly held myths about wealth building and investing, and help you see how undertaking a financial checklist is actually pretty understandable.</p>	<p>Urban Planting and Foraging Steph Almasi and Alex Klein</p> <p>Learn about what grows well, how plants form relationships, and what you can possibly forage for in local parks and woodlands.</p>	<p>Brookline Tree ID Rebecca Arnoldi</p> <p>Take a virtual walk with a naturalist as she talks and identifies the trees and nature in a Brookline neighborhood.</p>	<p>Songs for Churches and Revolutions Anatole Skyley</p> <p>Learn about William Billings, who composed morale-boosting hymns and other songs during the Revolutionary War. Washington personally asked him to keep composing to help the war effort.</p>	<p>Jumpstart Your Writing Valerie Lute</p> <p>Take the anxiety out of writing with a series of exercises to find your voice and discover story ideas with potential. New and advanced writers are welcome, whether you are interested in nonfiction, fiction or poetry.</p>
11:15 AM-12:15 PM	<p>Community Feature</p> <p>Learn what is going on amongst local non-profit organizations, such as the Chamber of Commerce, the Brookline Rotary, the Brookline Interactive Group or the Brookline Senior Center.</p>	<p>Improv and Memory Emily Singer</p> <p>See how far you can expand the limits of your memory in a fun hour of improv and memory games.</p>	<p>The Art of Speaking in Public Emily Singer</p> <p>We know speaking in public can be intimidating. Join us for an hour of interactive fun, in which we will discuss tools and techniques to help you enjoy it.</p>	<p>Voice of the Century: Marian Anderson Marshall Wright</p> <p>Discover the beautiful voice and legacy of Marian Anderson. From opera to spirituals, Marian played alongside orchestras throughout the world and used her platform for the Civil Rights Movement.</p>	<p>Community Feature</p> <p>Learn what is going on amongst local non-profit organizations, such as the Chamber of Commerce, the Brookline Rotary, the Brookline Interactive Group or the Brookline Senior Center.</p>	
12:30-1:30 PM	<p>Navigating a Restaurant Wine List: Best Values, Pairings and Crowd Pleasers Nick Lissoto</p> <p>Make confident decisions when selecting a wine from a list to go along with your meal. Great skill to have for business people who frequently entertain.</p>	<p>Climate Action at Lunch Anne Kern</p> <p>Eat, Love, Plant, Walk, Save the Planet: 35 inspirational ideas for stepping forth in 2021 with a lower carbon footprint.</p>	<p>The 5 Rhythms of Movement Margaux Skalecki</p> <p>The 5 Rhythms® is a moving ecstatic meditation practice. The 5 Rhythms: Flowing, Staccato, Chaos, Lyrical and Stillness, are guides that support getting to know our own rhythms of movement.</p>	<p>Author Gary K. Wolf & Who Framed Roger Rabbit? Gary K. Wolf</p> <p>Gary K. Wolf, author of the book the Disney movie <i>Who Framed Roger Rabbit?</i> was based upon, discusses his journey with the character.</p>	<p>Spanish Conversation: Spaniards in the New World Helena Alfonso</p> <p>Practice your Spanish skills while discussing how Spain for 350 years conquered and settled most of South America, the Caribbean, and the American Southwest. Discover what their vision was for America.</p>	<p>Astrology of Recent Events David Perloff</p> <p>Through the lens of astrology, we'll discuss the meanings and energies of the planets and gain a better understanding of the challenges we witnessed in the 2020 Election, the Capitol breach, and the Inauguration.</p>
1:45-2:45 PM	<p>Communicate with Confidence Lau Lapides</p> <p>Learn how to command a room, to project self-confidence and power, and even to take credit for your well-deserved achievements.</p>	<p>Afternoon Yoga Rebecca Arnoldi</p> <p>Align your breath, body and mind in a way that promotes your health, creates a sense of peace and presence. All levels are welcome. Have a yoga mat available.</p>		<p>Chair Yoga Steffi Shapiro</p> <p>Join Steffi as she guides you in her chair yoga routine, a very popular offering at BA&CE for more than 20 years.</p>		

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3:00-4:00 PM	Chinese Language & Culture for Kids Yi Yan Join Ms. Yi Yan of the Brookline Chinese School to learn about the language and culture in China. This session is geared for children. Adults are welcome.		A Pilgrim's Walk Through Ireland Jo Shields Ireland is a place brimming with pagan and holy routes including in Glendalough, Co. Wicklow, The Dingle Peninsula, Co Kerry, and Lough Derg, Co. Donegal. Settle down in your favorite chair and enjoy this visual walking tour of the Irish countryside.	Building Your Community—a Toolkit Val Walker Join a health and wellness coach and author to discuss ideas that will open doors to new social outlets and finding friends.	Chinese Language & Culture for Adults Jenny Jin Join Ms. Jenny Jin of the Brookline Chinese School to learn about the Chinese language and culture. This session is for adults.	To RAW or not to RAW in Digital Photography Raul Melendez Join us for this quick demonstration on how to use RAW files in your digital workflow. Canon's software will be used in this demonstration.
5:00-6:00 PM	Make Fish Chowder Jo Shields Learn to whip up a tasty chowder while also learning about ingredients and how to replace foods with ones that fit your diet. If you'd like to cook along with us, email us a bacep@psbma.org and we'll send you the recipe.	Top 10 Great Lines from Japanese Anime Movies Yuko Sato Did you know that the 5 of 10 movies with the highest box office revenue all the time in Japan are "Anime"? You will learn ten great lines from very popular anime movies and basic Japanese grammar.	Fun With Hoops Laura Hanley Have fun moving, improving your balance, strengthening your core and incorporating dance into fitness with a hula hoop!	Gardening Michael Skelton Join us no matter how green your thumb. Hear about simple steps for setting up your garden, bring your more challenging plant questions, and even learn how to set up a hydroponic garden.	Drawing For Inner Peace Juliet Lockwood Settle in to contemplative gentle sound, stimulating prompts, and doodle guides while creating colorful little artworks. Have a pen, or inks and a brush, and some paper.	4:00-4:30 PM Meditation & Journaling Jacqui Fowler Morton Take a bit of time to reflect on the week, notice how you feel, and check in with yourself. We will marinate together in gratitude and compassion with meditation and guided writing activities.
6:00-7:00 PM	Microsoft Office Q&A Glen Cabbage Join this Q&A, and demonstration session, to get tips and tricks about using some of the helpful tools that Microsoft Word, Excel, and Powerpoint offer.	Indian Cooking Shruti Mehta In India, cooking is considered an art. Indian food enthusiasts or people who are just curious will learn a few recipes from the distinguished culinary traditions of the foods of North, South and West India.	Lively Drawing Juliet Lockwood Gestural and loose. You and the model will be active as we draw a series of short poses. Have a large pad of paper and charcoal or markers on hand.	The Quezalguaque Clean Water Initiative Join Brookline Sister City Project & the Rotary Club of Brookline to hear about an effort to provide clean water for a rural community in Nicaragua using solar energy.	Drink and Draw Juliet Lockwood Have a drink with friends that you know and don't know yet, as we pair our chosen libations with an hour of making "delicious" art. Have a brown paper bag, black and white paint (charcoal works too), brushes, and water.	4:30-6:00 PM Drink and Draw Juliet Lockwood Have a drink with friends that you know and don't know yet, as we pair our chosen libations with an hour of making art. Have a brown paper bag, black and white paint (charcoal works too), brushes, and water.
7:15-8:15 PM	Books about Race and Equity Josh Frank Explore various meditations on the relationship between power, suffering, and beauty. We will discuss how contemporary critics understand the evolution of racial reckoning and discuss where people can locate hope.	Ballpark Mysteries and MVP Children's Books David A. Kelly Hear from popular children's book author, David A. Kelly, how he conducts research on stadiums around the country and incorporates them into his mystery and suspense books for children. Learn about his latest book, "The Triple Play Twins.".	Baseball Legend Hank Aaron Bryan Morry and Steve Krasner Attention baseball lovers. Sports journalists, Bryan Morry and Steve Krasner will guide us in a lively discussion on the legacy of baseball legend Hank Aaron.	Theater Improv Emily Singer Connect with others through improv games and laughter, in this hour of spontaneous acting that will leave you feeling relaxed and refreshed.	Hollywood Actor Pooch Hall Talks About New Film Cherry Pooch Hall Hear what it takes to make it in Hollywood. Pooch Hall will share his experience as an actor in LA. Pooch has appeared in many films, a Showtime series "Ray Donovan" and The CW sitcom "The Game."	
8:30-9:30 PM	Shark Tank: Behind the Scenes, How to Get on the Show, and More! Errol Silverman Calling all entrepreneurs. Learn from Errol Silverman (inventor, author, and CEO of The Startup Experts) about what happens on the popular TV show "Shark Tank," how to appear on the show.	Landscape Drawing Juliet Lockwood Get out your art pencils, paper, and make a bit of room on the table. Enjoy a relaxing guided drawing lesson.	Bluegrass and Folk Strings Paul Sedgwick Boston musician Paul Sedgwick will play a variety of popular songs and classics on stringed instruments, such as the guitar, banjo and more. Kick back, relax and let Paul entertain you.	Landscape Painting Juliet Lockwood Paint a piece of paper, board, or canvas gray and gather some colorful acrylic paints (and brushes). We'll study values and color splashes, finding cools and warms to make a bright bold landscape. You are free to just observe as well.	Open Mic & Student Social BA&CE Staff Whether you are an amateur or a professional, join us and perform on our virtual stage for all to enjoy.	