

Callahan Learning & Cultural Programs

CRIME AND PUNISHMENT

Presented by Patricia Perry

Friday, November 4 • 2:30 p.m.

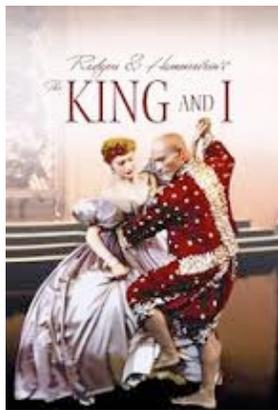
Colonial Americans did not have HBO, bowling or shopping malls. So what did they do for sport and entertainment? Well, they spied on their neighbors, of course! We examine punishments for law-breakers and the tools used to carry out these punishments. Everyone in the audience is a criminal, so BEWARE, and sneak a peek into punishments, colonial style, if you DARE. This show is strictly for adults only. The material and handouts are mature in nature.

MY FAIR LADY & THE KING AND I

Presented by Andrea Lyman

Tuesday, November 15 • 2:30 p.m.

Join Andrea Lyman as she entertains you with songs from *My Fair Lady* & *The King and I*. Andrea graduated from Boston Conservatory of Music and has sung cabaret shows all over Massachusetts, the U.S., cruise ships and Europe. She has performed in several shows at Radio City Music Hall, off-Broadway and locally. She can be seen in quite a few films, TV shows, web series and commercials. Andrea loves singing and encouraging audiences to join her in song.



These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and in part by the Friends of Callahan.



EXPLORE THE ENJOYMENT OF PAINTING!

Fridays, November 18, December 2, 9 & 16

10:30 a.m. to 12:30 p.m.

\$28 for this 4 week session

Instructor: Kathy Wirtanen

Relax with us on a Friday morning and experience the enjoyment of painting with acrylics. These lessons will focus on how to start a painting, as well as using colors to express composition, design and value in completing your finished work of art.



Payment is due at registration. Classes fill-up quickly so please register early at the front desk 508-532-5980. Class size limited to 10 students.

This Acrylic painting class is designed for all levels and is informative, friendly and enjoyable!

Please note: Some art supplies such as brushes and easels will be provided. Beginner students should bring a canvas (size 8X10 or 9X12) to the first class. Acrylic paints will need to be purchased at a later date. Continuing students please bring your usual painting supplies. See you soon!

NEW MINDFULNESS AND MEDITATION IN MOTION

Tuesdays Nov. 8, 15, 22 & 29

1-1:45 p.m.

\$28 for this 4 week session

What is Mindfulness and what will it do for you? Want less stress and more energy in your life? Does your doctor keep recommending meditation for you, but you don't know where to start?



Come explore the practice of mindfulness and meditation in a supportive setting. We will engage in breath, focus, and movement practices from different disciplines to find the one you like best. The class will be geared towards beginners, but others are welcome. We will sit in a chair or blanket on the floor. Come join us and enjoy your holidays with a new perspective!

Payment is due at registration. Please register at the front desk 508-532-5980. Class size minimum number to offer class is 8 participants.

All programs are FREE. Please sign up at the front desk 508-532-5980.

