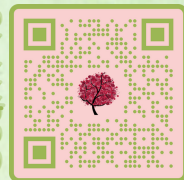


Spring Catalog

Scan Me



Roudenbush Kids Spring Art Contest Winner! Tyler age 7
"I drew a Spring tree house. There is a tire swing, birds, flowers, and more!"



Roudenbush
Community Center

65 Main Street Westford, MA 01886
(978)496 - 1707
www.roudenbush.org





The Roudenbush Community Center Creative Contests!
 Roudenbush held its first ever Art Contest for Kids! Kids were asked to submit an original art piece depicting Spring! We received many beautiful submissions and our winner was chosen by our Board of Directors. Please help us congratulate **Tyler as our 1st place winner!** In addition to being featured on our cover, Tyler's art will be highlighted on our social media pages and he will receive a Roudenbush Gift Certificate!

Congratulations to all of our artists on their beautiful art work!!



Annie



Hunter



Quinn



Kaitlin



Madeleine



Olivia

The Roudenbush Community Center Creative Contests - Adults and Teens!



Adult photographers showcase the beauty, culture, & essence of Westford through your lenses. Whether you're a seasoned pro or just have a passion for capturing moments, we invite you to explore and share your unique perspective on our picturesque town.



A special Earth Day poem contest that encourages young minds to express their love for the planet through the power of poetry. Unleash your creativity, explore the beauty of nature, and share your thoughts on building a sustainable future

Contact Us

Main Office: (978)496 - 1707

EXECUTIVE DIRECTOR:

Amanda Sullivan ext. 103

DIRECTOR OF COMMUNITY EDUCATION:

Amanda Krohn ext. 102

SENIOR DIRECTOR OF CHILDCARE:

April Lanciani ext. 300

DIRECTOR OF FINANCE:

Paul Ercolini ext. 104

DIRECTOR OF CHILDREN'S CENTER AT FROST:

Kori Marshall ext. 273

DIRECTOR OF SCHOOL AGE PROGRAM:

Jen Normandie ext. 107



Holiday Schedule

Roudenbush is closed on the following holidays:

New Year's Day - 1/1/24

Martin Luther King Day

President's Day

Patriot's Day

Memorial Day

Juneteenth

Independence Day

Labor Day

Columbus Day

Thanksgiving Day

Friday after Thanksgiving Day

Christmas Day



ROUDENBUSH COMMUNITY CENTER LOCATIONS

The Roudenbush Community Center

65 Main Street, Westford, MA



The Roudenbush Community Center, Inc. is an independent non-profit organization serving the Town of Westford and surrounding communities through a variety of programs and services offered to infants, toddlers, teens, adults, and our active senior citizens.

65 Main Street is home to our Community Education & Enrichment Classes, our After School Child Care Program, Summer Adventures Child Care Program, our gymnastics classes, birthday party room rentals, classroom room rentals and gymnasium rentals.

Hours: 9am to 5pm Monday - Friday (978) 496 - 1707



The Frost Building Full - Day Child Care Program

73 Main Street, Westford, MA

Full - day daycare and preschool caring for infants through pre kindergarten ages.

Hours: 7am to 6pm Monday - Friday
(978) 692 - 0848



The Old Nabnasset School PreSchool and Child Care Program

170 Plain Road, Westford, MA

Part day pre school caring and teaching children from ages 2.9 to pre kindergarten.

Hours: 8am to 4pm Monday - Friday
(978) 692 - 5544



Register For a Class

Type in the name of the class, key word or instructor in the box at the top of the website to search or click on the Community Classes tab. Here you can locate and click the age range of you or your child and scroll to find the correct class. Once located, click the image. At this time a prompt will appear to fill out the registration form and to submit payment. Once processed, you will receive a confirmation email of your registration. The Roudenbush Community Center will send out a reminder email several days before the class starts.



Become an Instructor

Our classes are made possible by our Independent Instructors - If you have a talent and are passionate about sharing your skills with others, please contact The Community Education Department at akrohn@roudenbush.org with your class idea.

Volunteer with Us

The Roudenbush Community Center has multiple opportunities for volunteers. Please visit the www.roudenbush.org/volunteer page on our website to tell us more about you and your availability. We are always In need of teen (16+) and adult volunteers to support our Summer Community Market, Teen Centers for Middle Schoolers, The Annual Halloween Parade and so much more. We also welcome help with promotion of Roudenbush events and activities including distribution of fliers & social media posts.



Donate/ Sponsor

Individuals, corporations and companies, charitable foundations, and other organizations are asked to consider a charitable contribution, a "charitable investment" in the Roudenbush Community Center. Most importantly this is a charitable investment in the thousands of children and families, adults and senior citizens who depend upon the Roudenbush Community Center Inc. each year.

We hope you will consider being among our growing list of generous donors. Thank you
[Donate here!](#)

Stay up to date

Follow us! For the most up to date information, check out all of our social media pages, gives us a like, follow or tweet!



And join our mailing list! www.roudenbush.org



Spring

MARKET



MARCH 3 | 12:00 - 4:00

65 MAIN STREET, WESTFORD, MA



LOCAL VENDORS!
CANDLES, SOAPS AND MORE



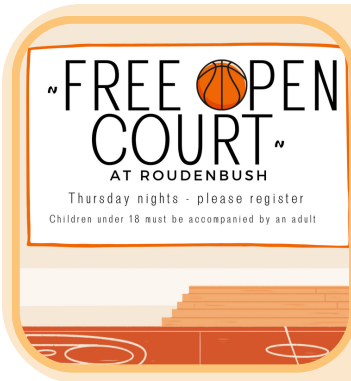
FREE CHILDREN'S CRAFT
Limited supplies available



Free entry to market

WWW.ROUDENBUSH.ORG

SPRING EVENTS!



NEW FREE Open Court
 Thursdays 5pm - 7pm
 Come and join us at Roudenbush Community Center for some exciting basketball action! We are thrilled to offer free open basketball court time to all members of the community. Whether you're a seasoned player looking to sharpen your skills or a beginner eager to learn the game, our facility provides a welcoming environment for all. All children must be accompanied by an adult at all times and please be sure to register in case we need to get in touch! 🏀



NEW FREE Family Fun Open Play Group
 Monday, Tuesday and Wednesday 1pm - 3pm
 Join us for Free Family Fun Open Gym at Roudenbush Community Center every Monday, Tuesday, and Wednesday! Bring the whole family for a fantastic time of active play and bonding. Please remember to register so we can notify you of any schedule changes. We look forward to seeing you there! 🌸



NEW FREE Family Movie Night
 March 8th 6:30pm
 Join us for a delightful Free Family Movie Night on March 8th, 2024, at 6:30 PM! Admission is FREE, and we'll have concessions available. Don't forget to register to secure your spot. Bring your own chairs or blankets and get ready to enjoy the animated film "Hop" with the whole family! See you there! 🎬🍿

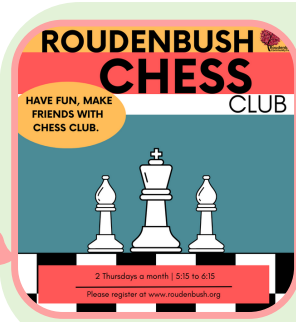


Spring into Spring Middle School Dance Party
 April 26th 7pm - 9pm
 Get ready to Spring into Spring at Roudenbush Community Center's Middle School Dance Party! Join us for an evening of music, dancing, and fun as we welcome the season. Open to all middle schoolers, this event promises to be a blast. Don't miss out! \$10 tickets available at www.roudenbush.org we will need adult chaperones to ensure a fun safe time - please consider signing up. Sign up genius is on the website! 🌸🎉



Town Wide Yard Sale
 April 27th 8am - 1pm
 The Roudenbush Community Center, Inc. is excited to be hosting the town wide yard sale at Abbot school this year! This is the perfect opportunity to clear out some clutter and make some extra cash while enjoying some good old fashioned community spirit. Spaces are available at Abbot school, or list your home address on the town wide map to make sure shoppers can find you. Don't miss out on this fun and profitable event. 🛒

KIDS CLASSES



ROUDENBUSH CHESS CLUB MONTHLY | 5 - 18 YEARS | \$20

Instructor: Ansh & Aanya Yadawad | 1st and 3rd Thursdays every month! | 5:15pm - 6:15pm

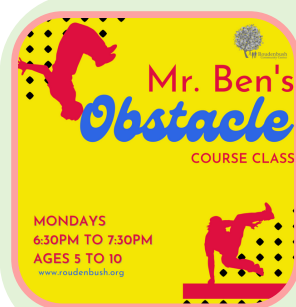
Unleash your brain power! Have fun, make friends with Chess Club. Participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more. Learning can be fun and exciting!! Keep your mind sharp and join us!



MR. BEN'S MINI BEATS | 2 - 5 YEARS | \$55

Instructor: Mr. Ben | Mar 5th, 12th, 19th, Apr 2nd, 9th, 23rd, May 7th, 14th, 21st | 9:15am- 10:00am

Kids will be introduced to different instruments & music during the 3 week session. This class provides a fun, creative, disciplined, & active atmosphere. It incorporates instrumental, beat-heavy music to motivate & educate children in movement & dance. Motor, pre-language, and musical skills are developed, while children actively participate in the music making. Join your child in a class with rhythm, movement and laughter.



MR. BEN'S OBSTACLE COURSE | 5 - 10 YEARS | \$108 - \$126

Instructor: Mr. Ben | Feb 26th - April 8th 7wks \$126, April 29th - June 10th 6wks -\$108 | 6:30pm - 7:30pm

Obstacle courses provide several benefits including enhancing muscle strength and body awareness. Developing fine and gross motor skills. Improving their balance and memory while boosting sensory processing skills. All while following directions. Mr. Ben will make this a fun and exciting class with high energy and music!



MR. BEN'S OBSTACLE COURSE | 5 - 10 YEARS | \$108 - \$126

Instructor: Mr. Ben | Feb 27th - April 9th 7wks \$126, April 30th - June 11th 6wks -\$108 | 6:30pm - 7:30pm

Obstacle courses provide several benefits including enhancing muscle strength and body awareness. Developing fine and gross motor skills. Improving their balance and memory while boosting sensory processing skills. All while following directions. Mr. Ben will make this a fun and exciting class with high energy and music!



BALLET FOUNDATIONS | 3 - 4 YEARS | \$330

Instructor: Miss Emily Zimmerman | Mar 7th - May 30th | 5:30 - 6:15pm

Bring the joy of dancing from the living room, into the classroom! Dancers are exposed to ballet fundamentals and movement concepts in a joyful and supportive environment and get the chance to fall in love with the art of ballet. Families will enjoy an end-of-term Demonstration Day performance on May 30th.





STAYING SAFE WHILE HOME ALONE | 9 - 14 years | \$28

Instructor: Bernadette Dureault M.Ed. | Apr 6th | 1:00 - 2:00pm

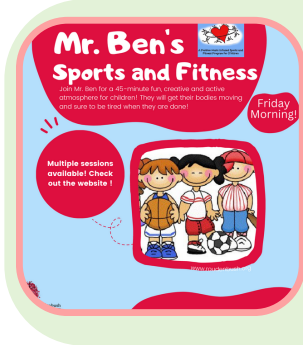
Ever stay at home alone while other family members are gone? This class will help children learn safety rules for staying home alone. Learn how to deal with strangers, phone calls, emergencies and other common problems without fear.



PAINTS & PASTELS | 5 - 12 years | \$130

Instructor: Sue Hurwitz | Apr 29th - May 20th | 5:00 - 6:00pm

This class will explore creating art with acrylic paints and pastels. This 4 week class will feature a new technique and color exploration. Robots and friendly monsters, upside down ice cream cones, playful frogs and other fun out of this world art!



MR. BEN'S SPORTS AND FITNESS | 3 - 5 years - PRICE: \$126

Instructor: Mr. Ben Stanley | Mar 1st - Apr 12th, May 3rd - Jun 14th | 9:15 - 10:00am

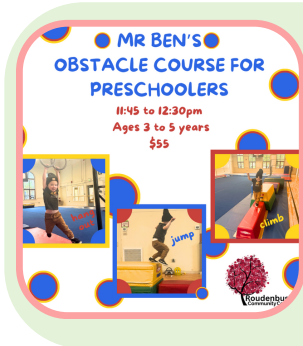
Mr. Ben's Sports and Fitness is a unique program developed by Ben Stanley! This program provides a fun, creative, disciplined, and active atmosphere for children. It incorporates instrumental, beat-heavy music to motivate and educate children in sports and fitness. Children learn the foundational skills needed for most athletics, along with essential life skills.



LET'S CREATE: MESSY MONDAYS | 2 - 5 years | \$70

Instructor: Souza Lee | Mar 4th - Mar 18th | 9:15am - 10:00am

Introduce your tots to painting during Messy Mondays! Let them express their creativity but let us take care of the clean up! Each student will receive a personalized painting smock. *This class is adult/child participation.



MR. BEN'S OBSTACLE COURSE | 3 - 4 years | \$55

Instructor: Mr. Ben Stanley | Mar 4th, 11th, 18th, Apr 1st, 8th, 22nd, May 6th, 13th, 21st | 11:45 to 12:30pm

Mr. Ben is a Roudenbush favorite! Join him for 45 minutes of fun, in a high energy and active atmosphere for children. They will get their bodies moving and sure to be tired when they are done!

KIDS CLASSES



INTRO TO MUSICAL THEATER! | 5 - 7 YEARS | \$250

Instructor: Lauren Smith | Mar 4th - Apr 8th | 4:30 - 5:30pm

Do you have a child who loves acting, singing, and being dramatic? Channel that energy with us during this 6 week class. This class will be an introduction musical theater where we will work on basic acting/theater games (using our voices/emotion/nonverbal communicating), singing (mostly in a group), and coordinating movements to music. No experience necessary!



BEYBLADE CLUB! | 8 - 10 YEARS | \$30

Facilitator: Ana Dymant | Mar 1st - Mar 29th | 5:30 - 6:30pm

Welcome to our Beyblade Club, where spinning tops meet fierce competition! Join us for thrilling battles, strategic showdowns, and the chance to prove your Beyblade mastery. Whether you're a seasoned blader or just starting out, our club offers a welcoming space for enthusiasts of all skill levels to gather, play, and connect. Come spin, strategize, and let the battles rip!



LIGHTS, CAMERA, ACTION!! VACATION CAMP | 11 - 13 YEARS | \$150

Instructor: WestfordCAT Staff | Feb 20th, 21st, 22nd, 23rd, April 16th, 17th, 18th, 19th | 12:00 - 4:00

Lights, Camera, Action gives you the opportunity to write, act, record and edit your own story to produce a show that will air on WestfordCAT public access channels!



BABYSITTING BASICS | 10 - 14 YEARS | \$40

Instructor: Bernadette Dureault M.Ed. | Mar 16th, May 4th | 8:30 - 12:30pm

Learn babysitting basics: child care, fun children's activities, dealing with common problems and safety tips for all ages. You will learn.....
~How to care for infants and children ~What to do in an emergency and how to stay safe ~Choosing activities that are age appropriate
~Recognizing, understanding and handling certain behaviors Bring a pen/pencil, doll, & a nut free snack.

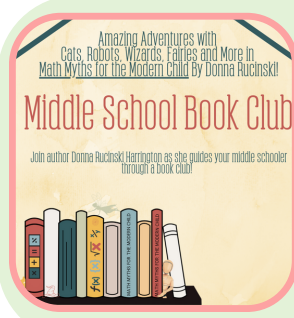


MIDDLE SCHOOL CPR | 10 - 13 YEARS | \$55

Instructor: Mike Votano | Mar 16th, May 4th | 1:30 to 3:30pm

Interactive course that teaches kids the lifesaving skill of CPR. Participants will learn about administering CPR with the use of an AED and relieving choking. The course follows American Heart Association's Family and Friends curriculum. This course is a non-certificate program and is perfect for babysitters or general knowledge.





MIDDLE SCHOOL BOOK CLUB | 9 - 14 YEARS | \$38

Instructor: Donna Rucinski Harrington | Apr 2nd & 9th , Apr 23rd & 30th | 4:00 - 5:00

Math Myths for the Modern Child Volumes 1 and 10 are interdisciplinary short story collections that are fun and entertaining. Read about tech wizardry, a programmable AI robot dog, remote-control rescue cats, dust bunnies, animal crackers, and fairies. If you love math, you'll enjoy reading these stories. If you hate math, these stories might make you like it a little more. At the very least, you'll see how math is in the world around us. Book included in cost.

SUMMER PROGRAMS AT ROUDENBUSH



SUMMER SPANISH EXPLORATIONS | 7 - 10 YEARS | \$327

Instructor: Krisela Karaja | 9:00 - 12:00pm

Week 1 Peru Jun 24th - 28th

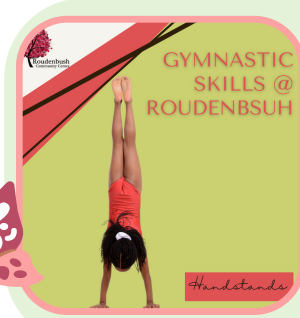
Week 2 Mexico July 8th - 12th

Week 3 Spain July 15th - 19th

Week 4 Colombia July 22nd - 26th

Join us for a fun and engaging program designed to introduce young children to the Spanish language. Students will practice the basics of the language while doing crafts, playing games, singing songs, and conversing with our experienced teachers.





GYMNASTICS SKILLS: HANDSTANDS | 5 - 7 YEARS | \$30

Instructor: Ms. Kim | Feb 20th, 21st, 22nd | 10:00 - 10:30am

A handstand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands. In a basic handstand, the body is held straight with arms and legs fully extended, with hands spaced approximately shoulder-width apart and the legs together. There are many variations of handstands, all of which require the performer to possess adequate balance and upper body strength.



GYMNASTICS SKILLS: CARTWHEELS | 5 - 7 YEARS | \$30

Instructor: Ms. Kim | Feb 20th, 21st, 22nd | 10:30 - 11:00am

The cartwheel is a basic gymnastics skill that will strengthen your upper body and help you work your way up to more advanced moves. To learn how to cartwheel, you'll need to find a safe environment in which you can practice placing your hands and feet in a way that will propel you forward and upside down. In this class we will work on skills and conditioning to eventually master this skill while making sure to stretch before we start practicing to avoiding injuries!



GYMNASTICS SKILLS: BACK WALK OVER | 5 - 7 YEARS | \$30

Instructor: Ms. Kim | Feb 20th, 21st, 22nd | 11:00 - 11:30am

A back walkover is an acrobatic maneuver in which a person transitions from a standing position to a back bridge and then back to a standing position again, undergoing a complete revolution of the body in the process. In artistic gymnastics, back walkovers are performed in floor exercises and on the balance beam. In this class we will work on skills, stretching conditioning to eventually master this skill.



TINY TODDLERS GYMNASTICS | WALKING - 2.5 YEARS | \$126

Instructor: Ms. Kim | Mondays 10:00- 10:45am, Wednesdays 9:50 - 10:35

A child driven class, where caregivers actively participate with their child or children through exercises, obstacle courses, parachute and play to help develop body awareness, coordination, and basic gymnastic skills based off their age. The class is flexible in the way that it is geared to what is appropriate for each individual child's age and skill level.



TODDLER GYMNASTICS | 2.5 - 3.5 YEARS | \$126

Instructor: Ms. Kim | Tuesdays 9:50 - 10:35

A child driven class, where caregivers actively participate with their child or children through exercises, obstacle courses, parachute and play to help develop body awareness, coordination, and basic gymnastic skills based off their age. The class is flexible in the way that it is geared to what is appropriate for each individual child's age and skill level.





PRESCHOOL | 3.5 - 5 YEARS | \$126

Instructor: Ms. Kim | Mondays 10:50 - 11:35am, Tuesdays 9:00 - 9:45am,
Wednesdays 10:45 - 11:30am, Thursdays 9:00 - 9:45am

An introduction to formal gymnastics. Basic skills and body awareness are taught on floor, beam, bars, and vault through exercises, obstacle courses, and fun games. Listening, taking turns, following directions, and safety are all a part of this class.



GYMNASTICS SKILLS 1 | 5 - 10 YEARS | \$126

Instructor: Ms. Kim | Mondays 4:30 - 5:15pm, Wednesdays 5:15 - 6:00pm

A progressive program with a focus on building good basic skills on floor, beam, bars, and vault. Activities help build coordination, flexibility, and strength through obstacle courses and skill building. Listening, following directions, and safety are emphasized.



GYMNASTICS SKILLS 2 | 5 - 10 YEARS | \$126

Instructor: Ms. Kim | Wednesdays 6:00 - 6:45pm

An advanced program for gymnast who wants to further their gymnastic and tumbling skills. Flexibility, conditioning and body control are incorporated into this class to help with advanced techniques.



GYMNASTICS FUN 2 | 5 - 10 YEARS | \$126

Instructor: Ms. Kim | Wednesdays 4:30 - 5:15pm

A fun fast paced class with a focus on obstacle course and body movement. A great place to use some elementary after school energy! If you are looking for your child to learn more gymnastics skills and they are serious about strengthening skills, then please sign up for K-5 Gymnastics Skill 1.



FAMILY FUN TIME GYMNASTICS | WALKING - 5 YEARS | \$126

Instructor: Ms. Kim | Tuesdays 10:45 - 11:30 am, Wednesdays 9:00 - 9:45am

A child driven class, where caregivers actively participate with their child or children through exercises, obstacle courses, parachute and play to help develop body awareness, coordination, and basic gymnastic skills based off their age. The class is flexible in the way that it is geared to what is appropriate for each individual child's age and skill level.



SUMMER AT ROUDENBUSH!



ROUDENBUSH SUMMER ADVENTURES ENROLLMENT OPEN!

Save your spot for the most fun program in Westford!
Outdoor games, story telling, STEM activities, themed weeks,
on and off-site field trips, arts and crafts and more!

contact: Jen Normandie (978)496-1707 ext.107
or
email at jnormandie@roudenbush.org



Summer Adventures offers fun and exciting activities, games and events for ten weeks. Special themes each week. This includes in-house classes as well as a number of field trips. Favorites include Southwick Zoo, mPower Athletics, Color Chaos, Great Brook Farm, Animal Adventures, Kona Ice Truck visit and so much more. Programs vary from year to year but this provides a sampling of exciting summer activities. For information and/or questions please contact Jen Normandie @ (978)496 - 1707 ext. 107 or [email here](mailto:jnormandie@roudenbush.org).



Summer @ OLD NAB

Contact April Lanciani at alanciani@roudenbush.org
www.roudenbush.org

**AGES
2.9 TO 5**



8 WEEKS
CLOSED 4TH OF
JULY WEEK
**3 or 4 day
options**
(must enroll for
full week)





170 Plain Road
Westford, MA 01886



Themes

- Welcome Summer
- Party in the U.S.A
- Down on the Farm
- Famous Authors
- A Day at the Circus!
- A Pirate's Life for Me!
- Going to the Zoo!
- Spirit Week!

Current student registration open March 11th
New student registration starts April 2024

Water Play

In House Weekly Enrichment

Pizza Wednesdays and Thursdays

Kinder Kids - entering Kindergarten in 2024 8:30 - 1:30
Great Adventures: - entering Pre - K in 2024 8:30 - 1:30
Sunshine Kids - 2.9 - 4 (preschool) 1 - 2 years prior to Pre - K

Camp Runs T, W, TH we are closed 4th of July week. We are hosting 8 weeks of summer fun!!!!
In - House Activities (additional fees) Face Escapes, Kona Ice Truck, Animal Craze, Big Joe the Storyteller, Joe the Balloon Entertainer, Tumblebus, Animal Adventures, Bonaparte the Magician



HIGH SCHOOL AGE CLASSES

ROU
DEN
BUSH
HIGH
SCHOOL
COMMUNITY
CENTER



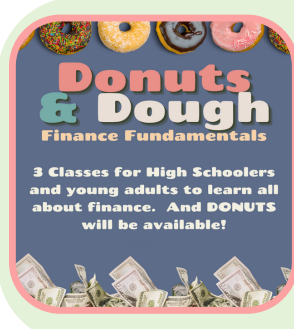
SAT MATHEMATICS PREP | \$200

Instructor: Cory Roman | Feb 15th, 29th & Mar 7th | 6:30 to 8:30pm
In person SAT math prep course designed to help students of all levels & abilities improve scores on the math sections of the SAT. Students will be exposed to mathematics curriculum covered on the SAT, & they will learn strategies for taking standardized math tests. Actual SAT practice tests where answers and methods for solving problems will be discussed. Class ends two days before the SAT test being given at Westford Academy on March 9th.



MEDIA MAYHEM SESSIONS | \$FREE

Instructor: Westford CAT Staff | April 6th | 12:00 - 3:00pm
The Media Mayhem Sessions at WCAT will expand your mind to the world of broadcasting media. Westford CAT is now hosting a program that will encourage and guide you through the world of social media, journalism, film, editing, news, etc. This interactive session where students can learn and explore the world of journalism, film, and all other media.



DONUTS AND DOUGH: FINANCE FUNDAMENTALS | \$5 /CLASS

Instructor: Sahil Dua, Somya Lunavat, Arav Jain | Mar 11th, Mar 18th, Mar 25th | 5:00 - 6:00pm

Mar 11th Class 1: Understanding Loans with a Focus on College and FAFSA

Mar 18th Class 2: Investing 101

Mar 25th Class 3: Protecting Your Wealth



SAT Math Cram Prep Class | \$100

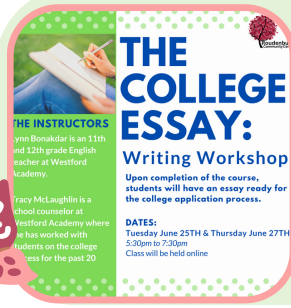
Instructor: Cory Roman | May 1st | 6:00 - 8:30pm
In person SAT math prep course designed to help students of all levels & abilities improve scores on the math sections of the SAT. Students will be exposed to mathematics curriculum covered on the SAT, & they will learn strategies for taking standardized math tests. Actual SAT practice tests where answers and methods for solving problems will be discussed. Class ends two days before the SAT test being given at Westford Academy on March 9th.



SAT CRAM VERBAL & MATH PREP COURSE! | \$100

Instructor: Lynn Bonakdar & Cory Roman | May 29th | 6:00 - 8:30pm
This IN PERSON SAT Verbal & Math preparatory course is designed to help students of all levels and abilities improve their scores on both the verbal & math sections of the SAT. Students will not only be exposed to the curriculum covered on the SAT, but they will also learn strategies for taking standardized tests while working through real SAT practice problems. The class is three days before the SAT test being given on June 1st.

HIGH SCHOOL AGE CLASSES

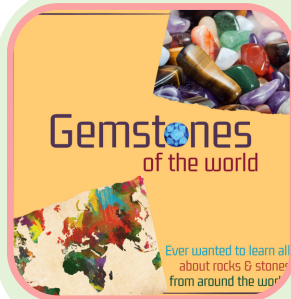


COLLEGE ESSAY WORKSHOP | \$396

Instructor: Lynn Bonakdar & Tracy McLaughlin | Jun 25th & 27th | 5:30 - 7:30pm

In this virtual college essay course, students will work with Westford Academy English teacher Lynn Bonakdar and Westford Academy Guidance Counselor Tracy McLaughlin. Upon completion of the class, students will have an essay ready for the college application process.

FAMILY CLASSES



GEMSTONES OF THE WORLD | ALL AGES | \$69

Instructor: Jim Pecora | Mar 19th - Apr 30th | 7:00 - 8:00pm

Ever wanted to learn all about rocks & stones from around the world? Then this multi week course is for you! The class will cover how rocks and minerals are formed and destroyed by Volcanoes, Glaciers and the atmosphere; learn what rock can withstand those forces of nature. How you too can collect Billion year old Zircons. What gives minerals their colors, plus you'll explore other properties of minerals like translucency, and fluorescence with a firsthand "show, touch, and tell."



HOW TO WIRE WRAP ANYTHING | 11+ YEARS | \$35

Instructor: Jim Pecora | Mar 30th - Apr 6th - Apr 13th | 9:00 - 10:00am (meeting time)
Ever collect some natural treasure that you want to wear around your neck? Then this class is for you all materials and gemstones provided. Or you can bring some of your own treasures to see if they qualify. This class will teach you three basic wire wraps that can hold most anything pendant size. Learn about different wires, where to buy them, how to use them to make bails, plus tips and tricks to take with you down the road. This is a fun hands-on interactive class for all ages. Come and have a fun evening out by bringing along a friend or two!





ROUDENBUSH



Moved to Fisher Way - next to Abbot School

☀ The Summer Community Market
Every Tuesday @ Abbot Field
Starting July 2 to September 10, 2024:

Get ready for a summer extravaganza! Our Summer Community Market will be in full swing, providing a bustling marketplace for local vendors to showcase their talents.

Bask in the warm weather and explore the diverse offerings from our community members. To become a vendor please contact [Amanda Krohn!](#)

****New Location****

Find us on Fisher Way next to Abbot School!
Ample parking available!

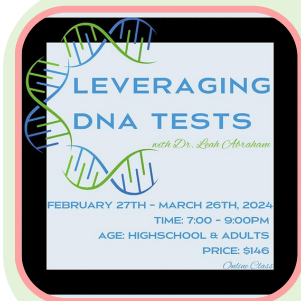
NEW ADULT CLASSES



HANDS-ON TERRARIUM WORKSHOP | 14+ YEARS | \$77

Instructor: Christopher Boulanger | Feb 16th | 6:00 - 8:00pm

Discover the enchanting world of terrariums and unleash your creative side in our immersive workshop. After a brief presentation on terrarium construction, you'll craft your own miniature ecosystem with guided assistance from Chris of Westford's own Naturally Designed. Unearth a deeper connection with nature as you assemble your self-sustaining work of art. Materials are provided, so all you need to bring is your creativity!



LEVERAGING DNA TEST(S): ONLINE CLASS | 14+ YEARS | \$146

Instructor: Leah Abraham | Feb 27th - Mar 26th | 7:00 - 9:00pm

For folks who have one (or more) DNA tests and want to use their matches to find birth parents or verify ancestors, this class will get you started. Matches will be sorted by share groups, cM's, and segments to find common ancestors. Tree building from matches to common ancestors and back from those common ancestors to you (and unknown birth parents or known ancestors you want to verify) will be demonstrated and practiced. DNA tests and matches on ancestry.com and 23andMe.com, with free uploads for more matches to ftdna.com, myheritage.com, and gedmatch.com will be reviewed. Leave with a plan to get to your answers.



BALANCED MEAL PLANNING FOR FAMILIES | ADULT | \$75

Instructor: Priscilla Sellers | Mar 11th & 18th | 6:00- 7:30pm

Meal planning is a hot topic nowadays! Batch cooking, weekend prep and weekly meal planning, all sound like great ways to eat "in" more and "out" less. But isn't it time consuming? Not necessarily. With the right menu, tools and mindset, you can make meals a healthier and less stressful experience. Together we can create a doable meal plan for the whole family. Once you learn the basics, the rest will fall into place.



PAINT NIGHT @ ROUDENBUSH | ADULT (21+) | \$35

Instructor: Amanda Sullivan | Mar 20th | 6:00-8:00pm

All proceeds go to The Roudenbush Community Center We invite you to join the Executive Director, Amanda Sullivan and the Roudenbush team for a Paint Night, March 20th! Never painted before? Not a problem- we go step by step to create your work of art all while learning tips and tricks along the way. All supplies are included & the picture we paint is instructors' choice! This is a BYOB event & all proceeds go to the Roudenbush Community Center; Hope to see you there!



SIP 'N SCAPE - A BYOB TERRARIUM WORKSHOP | 21+ YEARS | \$77

Instructor: Christopher Boulanger | Mar 22nd, Apr 12th, May 24th | 6:00 - 8:00pm

This unique and enjoyable course combines creativity with relaxation, allowing you to unwind and connect with nature in a social setting. In this hands-on workshop, participants will learn the essential skills of terrarium design, from selecting the right plants and containers to understanding the principles of balance and aesthetics. Whether you're a seasoned gardener or a first-time plant enthusiast, this workshop is designed to cater to all skill levels.



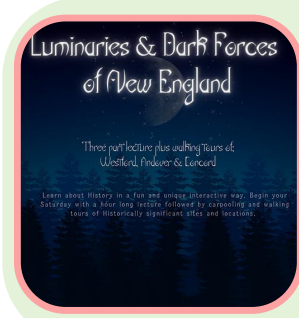
NEW ADULT CLASSES



MODISH MODUS MICA NIGHT | ADULT | \$90

Instructor: Jim Pecora | Mar 23rd | 6:00 - 9:00pm

Girls night out, BYOB & snacks! Come have fun & learn about the history of the most useful mineral in the world while crafting for yourself, jewelry to go! Mica earrings, Mica pendants, or even Mica sets! You can make up to 3 items; 3 pendants, or 3 earring sets, or mix. Start from scratch, or you can fast track it with our starter kit. Mica made jewelry is durable, lightweight, & its natural silver color will reflect all the colors that surround you when you wear them!



LUMINARIES & DARK FORCES OF NEW ENGLAND | ADULT | \$75

Instructor: Jim Pecora | Mar 30th - Apr 6th - Apr 13th | 9:00 - 10:00am (meeting time)

A three part lecture plus walking tours of; Westford, Andover and Concord where you will learn about History in a fun and unique interactive way. Begin your Saturday with a hour long lecture followed by carpooling and walking tours of Historically significant sites and locations. From the Westford Knight, to Edgar Allen Poe, from Ralph Waldo Emerson's Home to Authors Ridge in Sleepy Hollow Cemetery. We will also visit the Chapel Cemetery at Historic Phillips Academy a place where many Luminaries of education are interned.



HOW TO SET UP A NON PROFIT | ADULT | FREE

Instructor: Patti Mason and Howard Amidon | May 6 | 7:00 - 9:00pm

Is philanthropy and supporting organizations who help people in our community important to you?

This free program is open to individuals, families, groups and organizations Starting a private foundation is expensive and time consuming. Working with the Greater Lowell Community Foundation is easy and puts your resources to the work in Westford, or where you choose and you are part of a Non profit group. You do not have the expense of setting up a Nonprofit.

The Earth laughs in flowers

- Ralph Waldo Emerson



EVERYTHING WINE



FRIDAY NIGHT FLIGHT CLUB | 21+ YEARS | \$39

Instructor: Michelle Skotz | Mar 1st | 6:30 to 7:30pm

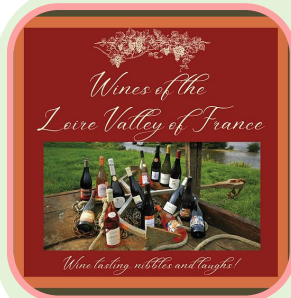
Enjoy a knockout flight of premium wines and connect with fellow wine enthusiasts while learning a bit about what's in your glass!
(Mar1st): Celebrate Washington Wine Month Each event includes 4 2oz pours of premium wines (no underdogs here!) and noshes. Flight Club is limited to just 12 'fighters' so come out swinging!



WINES OF WASHINGTON FT. KIONA VINEYARDS | 21+ YEARS | \$50

Instructor: Michelle Skotz | Mar 14th | 7:00pm - 8:00pm

March is Washington Wine Month! Washington's history isn't long but it's reputation for quality wine is far-reaching. We will celebrate together with Washington by learning about its history, AVAs, and, of course, by enjoying 6 amazing bottles of wine.



WINES OF THE LOIRE VALLEY OF FRANCE | 21+ YEARS | \$50

Instructor: Michelle Skotz | Apr 18th | 7:00 - 8:00pm

The Loire Valley is one of France's most diverse wine growing regions. The vineyards along this 300 mile stretch of the Loire River feature a wide variety of climates and soils which produce a wide variety of wines. From sparkling, racy whites, playful rosés, and rustic, herbaceous reds, to luscious dessert wines, the Loire Valley has something to please every palate. Join us as we take a deeper dive into this unique region of France.



FRANCE VS. CALIFORNIA: BOTTLE SHOCK! | 21+ YEARS | \$60

Instructor: Michelle Skotz | May 16th | 7:00-8:00pm

The May 24, 1976 Paris Tasting was a landmark event that transformed the wine industry. At this legendary contest - a blind tasting - a panel of highly respected French wine experts shocked the wine world by choosing unknown California wines over France's finest. This evening, we will recreate the historic event with our own blind tasting of 8 top-tier wines, many from the same wineries represented in 1976. We will evaluate and score 4 Chardonnay wines (2 Burgundy and 2 Napa) and 4 Cabernet Sauvignon-based wines (2 from Bordeaux and 2 from Napa) then tally the votes and see who comes out on top!





ARTS, CRAFTS, COOKING & HOME



CROCHET: THE NEXT STEP | 14+ YEARS | \$150

Instructor: Bernadette Dureault | Mar 5th - Apr 16th | 6:00 - 7:30pm

"Now you know the basics and have made a few projects it is time to learn new stitches". This class is intended for people that have some knowledge of crocheting. We will continue to strengthen the skills you already have and use them to complete projects each week. We can tailor the crochet session to meet your skill level so that you leave the workshop excited about what you've learned. You can bring something you are working on that you might need help with.



DIY SPRING TULIP WREATH | ADULT | \$45

Instructor: Souza Lee | Mar 15th | 7:00 - 8:00pm

Dress up your front door by making your own Tulip Wreath! We are giving this classic look a festive upgrade with bright spring colors and a stylish design. In this class, we will provide all materials and help you with step-by-step guidance to make a 16 in. wreath that you will be proud to hang up!



SPRING FLORAL DIY CENTERPIECE | ADULT | \$57

Instructor: Souza Lee | Mar 21st | 7:00 - 8:00pm

Learn the art of floral arrangement as Souza guides you through creating stunning centerpieces perfect for any occasion. Discover the secrets to crafting captivating floral displays. Whether you're a seasoned florist or a beginner enthusiast, this hands-on class promises to inspire creativity and elevate your décor game. Bring a friend and immerse yourself in the beauty of Spring blooms!



DIY PEONY WREATH | ADULT | \$48

Instructor: Souza Lee | Apr 5th | 7:00 - 8:00pm

Spring is in full bloom and we would love to share the season by making a peony wreath with you! We will be using silk peonies and light pink cherry blossom branches on a grapevine wreath. In this class, we will provide all materials and help you with step-by-step guidance to make a wreath that you will be proud to hang up!



CROCHET 101: BEGINNER | 14+ YEARS | \$125

Instructor: Bernadette Dureault | Apr 22nd - May 20th | 6:00 - 7:30 pm

Crochet is a quick & easy hobby, with professional looking results. You can master the skills to create lovable crocheted projects that last a lifetime. We'll start at the beginning, talking about how to select different yarns, yarn weights and their different uses, which crocheting hooks to use & then stitch up a project together. Perfect for a total newbie or as a refresher if it's been a while since you had your hands on your hooks. We can tailor the crochet session to meet your skill level so that you leave the beginner workshop excited about what you've learned.

ARTS, CRAFTS, COOKING & HOME



MOTHER'S DAY FLORAL ARRANGEMENT CLASS | ADULT | \$57

Instructor: Souza Lee | May 10th | 7:00 - 8:00pm

Come solo or gather your friends for a fun and creative night out just in time for Mother's Day! We supply all of the materials to create your own fresh floral arrangement. We will be using a bright color palette perfect for spring while learning the basics of floral design. Best of all, you may bring your favorite bubbly or nibbles!

FIRST AID, CPR, HEALTH



AHA BASIC LIFE SUPPORT | 18+ YEARS | \$68

Instructor: Bob & Sue Benoit | Mar 4th, May 20th | 6:00 - 10:00pm

This course will include instruction and manikin practice & Bag-Value mask (BVM) and use of the Automatic External Defibrillator (AED) with a focus on high-quality CPR and team dynamics. The price of this American Heart Association course includes textbook and upon successful completion a card will be emailed to the participant. Students will be required to be at least 18 years of age to attend.



HEART SAVER CPR - ADULT & PEDIATRIC | 18+ YEARS | \$60

Instructor: Bob & Sue Benoit | Mar 6th, May 22nd | 6:00 - 9:00pm

This course will include instruction and manikin practice delivering high-quality CPR & the use of the Automatic External Defibrillator (AED). The Price of this American Heart Association course includes textbook and upon successful completion a card will be emailed to the participant. Students will be required to be at least 18 years of age to attend.



AHA FIRST AID | 18+ YEARS | \$60

Instructor: Bob & Sue Benoit | Mar 14th, May 29th | 6:00 - 9:00pm

This course will include instruction and practice of critical skills to respond to and manage an emergency in the first few minutes prior to Emergency Medical Services' arrival. The price of this American Heart Association course includes textbook and upon successful completion a card will be emailed to the participant. Students will be required to be at least 18 years of age to attend.





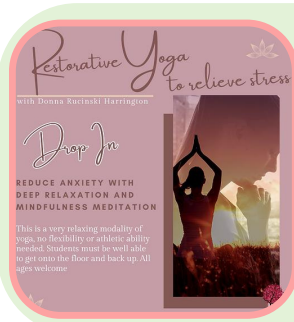
BALLET FITNESS | 14+ YEARS | \$330

Instructor: Emily Zimmerman | Mar 7th - May 30th | 6:30 - 7:30pm
 A ballet inspired fitness class that fuses traditional ballet concepts with modern exercise science and body positivity for a holistic approach to your wellbeing that tones and conditions, boost endorphins, builds confidence, and inspires joy. By the end of the session you'll feel like a ballerina!
 Welcomes all fitness levels. Available in two 6-week sessions or one 12 week session.



MINDFULNESS AND MOVEMENT FOR BUSY PEOPLE | ADULT | \$80

Instructor: Sue and Laura | Apr 6th | 1:00 - 4:00pm
 In this class, participants will learn how to reduce stress and boost their mood in everyday life. Sue and Laura are Certified Life Coaches with specialties in mindfulness and movement. They share a love of connecting with other women and will teach a variety of fun tools for participants to use to increase self-care and decrease stress!



RESTORATIVE YOGA DROP IN CLASS | 14+ YEARS | \$27/CLASS

Instructor: Donna Rucinski Harrington | Apr 2nd - May 28th | 6:00 - 7:00pm
 If yoga and napping got married and had a baby, it would be restorative yoga. This 90 minute Restorative Yoga class will give the participant a deep relaxing rest. It will also serve as an introduction to mindfulness meditation, a research-backed method to help deal with stress and anxiety. Students will make use of props and blankets to rest in yin-yoga-type poses (great for connective tissue and joints) that mimic more active yoga postures. Attention is paid to posture, and the six movements of the spine will be attended to over the course of the class.



REIKI LEVEL ONE TRAINING | 14+ YEARS | \$165

Instructor: Denise Gilbert MA, RMT | May 5th | 10:00 - 4:00pm
 Learn how to bring comfort and promote healing for yourself and others with the gentle, safe practice of Reiki. You will learn what Reiki is, its history, Reiki principles and meditations. We will practice and experience self Reiki technique and learn how to provide a Reiki session for others. There will be time for discussion and practice.





ALL AROUND WESTFORD!



Spring Walks in Westford

Led by: Westford Conservation & Trust

Guided Walks are free of charge, no sign-up is required.

Check our website at www.westfordconservationtrust.org

March 2, 2024 Stepinski Conservation Land - Guided Hike 9 - 10:30 am -

April 6, 2024 - O'Brien Farm Guided Hike - 9 - 10:30 am

May 11, 2024 - Birding Walk at Emmet Conservation Land 7:30 - 9:00 AM



Westford Food Pantry

The Westford Food Pantry provides services for individuals and families in the local community and surrounding towns with emergency, short and long-term needs for quality fresh and dry foods along with personal care and household items.

For more information WHO WE ARE & WHAT WE DO - (westfordfoodpantry.org)



Westford Kiwanis 2024 Apple Blossom Festival

The festival, located at the Abbot School, will run May 15th - 19th.

The parade will be Saturday May 18th starting at Main and Graniteville and end at the Abbot School

The fireworks are at 9pm Saturday May 18th at Abbot School on the upper field with a rain date of Friday, May 17th.



Cameron Senior Center

Our involvement and our activities promote fellowship and help to improve the health and well-being of older citizens throughout the local community.

For more information Friends of the Cameron Senior Center (westfordmafriendingofcameron.com)



For more Westford events run by the PCA, Library and more click here WESTFORD CALENDAR | Roudenbush



American Red Cross

Spring Blood Drive Sunday May 26th At the Roudenbush Community Ctr

Schedule a Blood, Platelet or Plasma Donation | American Red Cross

(redcrossblood.org)



Westford Massachusetts

Annual Town Meeting - March 23rd

For more details visit Town Moderator | Westford, MA

(westfordma.gov)

RENT A ROOM OR HOST YOUR NEXT EVENT!!



Birthday Parties

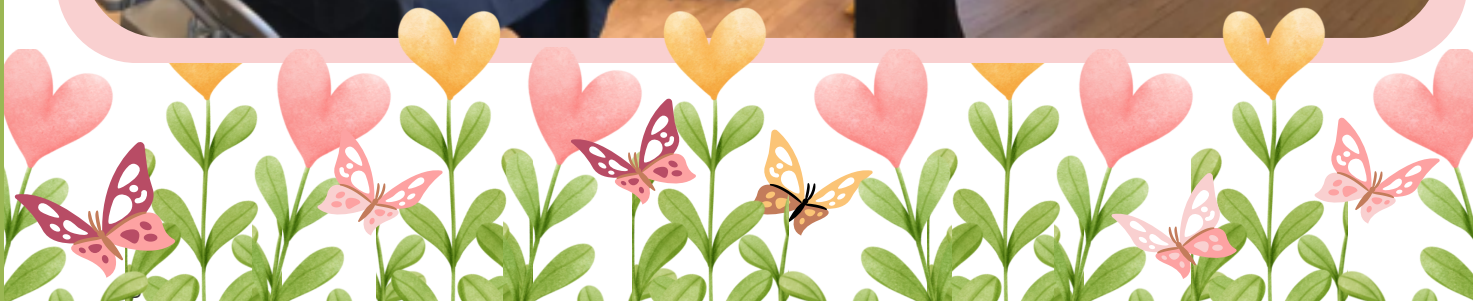
Host your next birthday party at Roudenbush! Party package include 1 hour in our gym set up with the gymnastics equipment and 1 hour in room 202 for cake and food!
If you would like an open gym for basketball please let us know!

Avis Room (105) & Room 106

Both rooms can be used for a variety of functions including meeting, training sessions and art events. These rooms can accommodate up to 35 people seated forward facing at tables or 50 people in chairs only. Room rental fee is \$35 / hour

Room 202

Room 202 is a great option for parties and other festive gatherings. This room can accommodate up to 40 people at tables or 60 people in chairs only.



ADDITIONAL CLASSES HELD AT ROUDENBUSH

Roudenbush is happy to be the home of Fun World Language Academy, Tae Kwan Do and our newest renter The Fencing Academy!!

French classes



Fun World Language Academy

Ages 4 - 7 - Tue 4:45 pm, at Roudenbush
Ages 7 - 11 - Wed 4:50 pm, at Roudenbush
Ages 8 - 12 - Thu 4:30-5:30 pm, Online

The classes above are ideal for beginner students and young students who studied with us in the previous school year.

Ages 4-12 Spanish



Fun World Language Academy

Ages 4-7 - Thu 4:15-5 pm, at Roudenbush
Ages 7-11 - Wed 5:30-6:30 pm, at Roudenbush
Ages 8-12 - Wed 4:30-5:30 pm, Online

TFA
The Fencing Academy

Tae Kwon Do Karate Club

Family Oriented Atmosphere
Ages 7-80
2 Hour Classes

Join Now

www.tkdkc.org
tkdkc@yahoo.com
978-758-8428

Pricing
\$70/month for 1 person
\$90/month for 2 people
\$100/month for 3 or more

Weather Policy

Roudenbush prioritizes the well being and safety of their participants, in the event of severe weather or if the governor or Town of Westford declares a snow emergency, Roudenbush will not open.

Community Education Programming will operate as scheduled unless an instructor chooses to cancel or reschedule, or the Executive Director closes the building due to unsafe conditions. All class attendees will be notified regarding any and all schedule changes.

If your child attends Old Nab, Frost or the After School Program please see the weather policy in the parent handbook for details.

Please visit our website at www.roudenbush.org to see closing or delay announcements posted.

Follow Us On Social Media:



For the most up to date information, check out all of our social media pages, gives us a like, follow or tweet!

www.roudenbush.org

