



Foothills

Adult & Continuing Education Course Catalog

Spring 2020

Site Locations

Residents are encouraged to take courses at any location

Litchfield, EdAdvance (Site and Main Office)

355 Goshen Road • P.O. Box 909
Litchfield 06759-0909
Jen Rubbo, Program Associate
rubbo@edadadvance.org
860.567.0863 or 1.800.300.4781
Mon - Fri • 8:30 a.m. - 5:00 p.m.

Falls Village (Region 1)

Housatonic Valley Regional High School
246 Warren Turnpike Road
Falls Village 06031
Noel Ambery, Site Coordinator
ambery@edadadvance.org
860.307.5631
Mon & Wed • 5:30 pm. - 8:30 p.m.

Winsted (Region 7)

Northwestern Regional High School
100 Battistoni Drive, Lower Level
Winsted 06098-1889
Tina Salius, Site Coordinator
salius@edadadvance.org
860.379.8525, Ext 2630
Tues & Thurs • 6:00 p.m. - 8:30 p.m.

Goulet Building (NCCC)

56 Park Place East, Winsted 06098

Woodbury (Region 14)

Woodbury Middle School
67 Washington Avenue
Woodbury 06798
Maria Alicia Azar-Brandes, Site Coordinator
azarbrandes@edadadvance.org 860.299.6745
Mon & Wed • 6:00 p.m. - 8:30 p.m.

Southbury (Region 15)

Pomperaug High School
234 Judd Road
Southbury 06488
Maria Alicia Azar-Brandes, Site Coordinator
azarbrandes@edadadvance.org 860.299.6745
Mon - Wed • 6:00 p.m. - 8:30 p.

Southbury Library

100 Poverty Rd
Southbury, CT 06488

CALL 1.800.300.4781 for more information on any of these site locations.

Plymouth

Terryville High School
33 N. Harwinton Avenue
Terryville 06786
Sonja Selenica, Site Coordinator
selenica@edadadvance.org
860.483.8590
Tues & Thurs • 5:30 p.m. - 8:30 p.m.

Watertown

Watertown High School
324 French Street
Watertown 06795
Chris Fahy, Site Coordinator
fahy@edadadvance.org
203.806.0077
Mon & Wed • 4:00 p.m. - 8:30 p.m.

Torrington

Torrington High School
50 Major Besse Drive
Torrington 06790
Patricia Conroy, Site Coordinator
conroy@edadadvance.org
860.489.5073
Mon - Wed • 4:00 p.m. - 8:30 p.m.

Vogel-Wetmore School (ESL only)

68 Church Street
Torrington 06790
Mary Melaragno, ELA Coordinator
melaragno@edadadvance.org
860.482.3987
Mon & Wed • 5:30 p.m. - 8:30 p.m.

Center Congregational Church

155 Main Street (back door-upstairs)
Torrington 06790

Woodland Hills

Citizenship/Civics Classes
330 Highland Avenue
Torrington 06790

American Job Center

59 Field Street
Torrington, CT 06790
860.496.3500

The ACCESS Program (Evening)

103 Miry Brook Rd
Danbury, CT 06810 Ph: 860.506.5644



Adult & Continuing Education

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Please register early to prevent cancellations!!
Register online at www.edadvance.org/registration

FOOTHILLS PARTICIPATING DISTRICTS

Litchfield
Plymouth
Sherman
Thomaston
Torrington
Watertown
EdAdvance

Region 1
Canaan
Cornwall
Kent
North Canaan
Salisbury
Sharon

Region 6
Goshen
Morris
Warren

Region 7
Barkhamsted
Colebrook
New Hartford
Norfolk
Winsted
Winchester
Hartland

Region 14
Bethlehem
Woodbury

Region 15
Middlebury
Southbury

Directions

EdAdvance - LITCHFIELD - Main Office

From the North or South

Take Rte 8 to Exit 42 to Rte 118W. Go 5 miles to Rte 202. Continue west on Rte 202 for another 2/10 mile to the center of Litchfield.*

From Hartford

I-84W to Exit 39 (Farmington). Rte 4W to Rte 118W. Go 5 miles to Rte 202. Continue west on Rte 202 for another 2/10 mile to the center of Litchfield.*

From the West

Rte 202 to the center of Litchfield.*

From the Center of Litchfield

Turn north onto Rte 63. Drive 1-4/10 miles.*

* EdAdvance is on the left.

HOUSATONIC VALLEY REGIONAL HIGH SCHOOL, FALLS VILLAGE (REGION 1)

From the South

Take Rte 63N. Turn left onto Rte 126. Continue to blinking light. Go left onto Rte 7S and continue to traffic light. Turn right onto Warren Turnpike Rd. to the Housatonic Valley Regional HS campus.

From the North

Follow Rte 7S. Continue past blinking light. At the next traffic light take a right. High school is on the left.

NORTHWESTERN REGIONAL HIGH SCHOOL, WINSTED (REGION 7)

From the South

Rte 8N. Turn left onto Rte 44E. At traffic light, turn left onto Old New Hartford Road.*

From the West

Rte 44E through Winsted, past Rte 8 intersection entrance. At traffic light, turn left onto Old New Hartford Road.*

From the East

Rte 44W through New Hartford. At next traffic light after Ledgebrook Plaza, turn right onto Old New Hartford Road.*

* Take 3rd left (Battistoni Drive). High school is at top of the driveway.

WOODBURY MIDDLE SCHOOL (REGION 14)

From the North (Litchfield area)

Rte 63S to Rte 61 into Woodbury. Turn right onto Rte 6 and follow to intersection of Rte 47 (traffic light). Continue south on Rte 6. Take 2nd right onto School St. (funeral home on the corner).*

From the South/Southeast

Rte 64 into Woodbury (Exit 17 off I-84W). Follow Rte 64 into Woodbury. At intersection, turn right onto Main St. (Rte 6N). After the Country Express Mart (on right), take next left onto School St.*

From the West (Danbury)

I-84E to Exit 15 (Southbury). At end of ramp, turn left onto Rte 67. Stay straight onto Rte 6N to Country Express Mart (on right). Take next left onto School St.*

* At 4-way intersection, take a right to the next stop sign. Middle school driveway is on the left (opposite 2nd stop sign).

WATERTOWN HIGH SCHOOL

Take CT-8 South toward Waterbury. At exit 37, take left off ramp.

Immediately turn right onto CT 262, go straight (up hill). At 2nd light turn left onto Buckingham St.

At the next light turn right onto French St. The High School is at the top of the hill on the left (traffic light).

TERRYVILLE HIGH SCHOOL (PLYMOUTH)

From Hartford

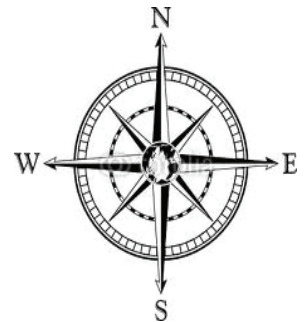
I-84W to Exit 33 (Rte 72W-Plainville/Bristol). Turn right at light and follow Rte 72 through Bristol to Terryville/Plymouth for 6.6 miles to junction of Rte 72 & 6. Make a slight left onto Main St/US-6. Turn right onto Harwinton Ave. Turn left to stay on Harwinton Ave. Turn right onto N. Harwinton Ave. School is 1200 ft. on the left.

From Waterbury

I-84W to Rte 8N to Exit 39 (Terryville/Bristol). At end of exit, turn right onto Rte 6E. Travel approximately 3 miles on Rte 6E.*

From Torrington

Rte 8S to Exit 39 (Terryville/Bristol). Turn left onto Rte 6E. Make a slight right onto E. Main Street Rte 6.* At the traffic light take a left onto Seymour Road. Turn right onto Harwinton Ave. Turn left onto N. Harwinton Ave. School is 1200 ft. on the left.



TORRINGTON HIGH SCHOOL

From the South

Rte 8 to Exit 44 (Burger King/Friendly's exit). Go across the intersection to the next light and take a left. Go through the next traffic light and take the first right onto Kinney Street.*

From the North

Rte 8 to Exit 44 (D'Angelo's is across the intersection). Turn right off the exit, take a very quick right onto Kinney Street.*

From the West (Litchfield)

Rte 202 to the center of Torrington. Go north on Main St. to Laurence Square; get into the right lane (Walgreens is on the right and the Torrington Police Dept. is diagonally across intersection). Turn right at intersection. Take a left onto Winthrop St. just past the Police Dept.*

From the East

Rte 202. At the traffic light just past the glass building, bear right onto East Elm St. Burger King will be on your left/Twin Colony Diner on your right. After the 2nd traffic light, take a right onto Kinney Street.*

* Go to the stop sign and turn right onto Winthrop St. Go to the top of the hill and look for Torrington High School sign on the left.

POMPERAUG HIGH SCHOOL, SOUTHBURY (REGION 15)

From the North

Rte 8S to I-84W to Exit 16.*

From Waterbury

Follow I-84W to Exit 16.*

From Danbury

Follow I-84E to Exit 16.*

* Turn right off exit ramp onto Rte 188. Turn left onto Judd Rd. (across from Crowne Plaza Hotel). School is on the right.

VOGEL-WETMORE SCHOOL, TORRINGTON

From Main St., Torrington, there is a large intersection in the center of the downtown area. Stay in the 2nd lane from the right. Cross Main St. and continue straight up Water St., take 1st right at Prospect St. (first light after Main St.). Take first left at first light to Mason St. Parking lot is the first one on the right.

DANBURY – ACCESS SCHOOL

From the East, Take I-84W

Merge onto I84, take Exit 3 on left for South US7 S toward Norwalk. Continue on US-7S, take exit 8 for Park Ave. Turn left onto Backus Ave, Continue to 103 Miry Brook Rd.

From the West, I-84E, keep left at fork,

follow signs for I-84W/Danbury

Merge onto I84, take Exit 3 on left for South US7 S toward Norwalk. Continue on US-7S, take exit 8 for Park Ave. Turn left onto Backus Ave, Continue to 103 Miry Brook Rd.

ADULT BASIC EDUCATION CLASSES

Adult Basic Education (ABE) classes are for adults who need to improve their reading, writing and math skills. Classes are small to allow teachers to work with individual students on basic skills. Students will be prepared to move on to pre-GED or GED® classes. English Learners are welcome to enroll. Classes may be available at the following locations depending on enrollment.

Interested students may walk in at any location and register after classes have started

CLASS LOCATION	CLASS MEETING TIME	START DATE
Torrington High School	Monday & Tuesdays 6:00-8:00 PM	Register Jan 27, 28,29 Start Feb 4
Watertown High School	Mondays 7:00-9:00 PM	Register Jan 27 & 29 Start Feb 3

In compliance with Connecticut General Statutes Sec . 10-71c, Foothills does not charge a fee for any textbooks or materials used in English Language and Citizenship/Americanization (mandated) program areas. Book deposits are recorded and returned for books returned undamaged and which can be reused.

DO YOU HAVE QUESTIONS REGARDING OUR PROGRAM OFFERINGS?

Call us: 1.800.300.4781 or 860.567.0863 (EdAdvance office, ask for Adult Ed)

Fax: 860.567.3381

Email:

Regional Director, Susan Domanico, domanico@edadadvance.org or
Program Facilitator, Margot Snellback, snellback@edadadvance.org

Visit our office: 355 Goshen Road (Route 63, one mile north of Litchfield green)

Foothills Adult Education is a program of EdAdvance



English as a Second Language Civics & Citizenship

English as a Second Language

Want to learn or improve your English language skills? FREE classes cover reading, writing, listening, and speaking. Classes cover communication skills, daily living, civics and career awareness topics. Students will have the chance to learn basic computer skills and use technology in their learning.

English Learners can also take advantage of these special classes:

Integrated English Literacy and Civics

Adults will learn about American culture and government while improving their English language. Students will also participate in one of several possible career training programs to earn certificates in computer skills, Northstar health careers (Certified Nurse Aide), food safety (Food Handler) or manufacturing (commercial sewing or OSHA 10). Students will visit government and business sites.

Integrated Education and Training

This class has a focus on career training in one of several possible areas: computer skills, health careers (Certified Nurse Aide), food safety (Food Handler) or manufacturing (commercial sewing or OSHA 10). Teachers will focus on the English needed in the workplace, workplace skills, and math and reading to be successful on the job.

Citizenship Classes

Citizenship classes prepare students to take the United States Naturalization Test. Students learn about the rights, responsibilities and privileges of U.S. citizenship. The class includes reading, writing and speaking opportunities while learning facts to pass the citizenship test. Students will receive assistance with the citizenship application from an experienced instructor. This class is free.

In compliance with Connecticut General Statutes Sec . 10-71c, Foothills does not charge a fee for any textbooks or materials used in English Language and Citizenship/Americanization (mandated) program areas. Book deposits are recorded and returned for books returned undamaged and which can be reused.

FREE CLASSES

Interested students may walk in at any location during the class and register once classes have started

ENGLISH AS A SECOND LANGUAGE

CLASS LOCATION	CLASS MEETING TIME	START DATE
Housatonic Valley Regional High School, Falls Village	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 27 Start Feb 3
Northwestern Regional High School, Winsted	Tuesdays & Thursdays 6:00-8:00 PM	Register Jan 28 & 30 Start Feb 4
Goulet Building, 56 Park Place, (NCCC), Winsted	Mondays 1:30-3:30 PM	Register Jan 27 Start Feb 3
Southbury Library, Southbury	Tuesdays & Thursdays 9:30 AM - 12:30 PM	Register Jan 28 Start Feb 4
Center Church, 155 Main St, Torrington	Mondays & Wednesdays 9:00 AM - 11:30 AM	Register Jan 27 & 29 Start Feb 3
Vogel-Wetmore School, Torrington	Mondays & Wednesdays 5:30 PM - 8:30 PM	Register Jan 27 & 29 Start Feb 3
Watertown High School, Watertown	Mondays & Wednesdays 6:30-8:30 PM	Register Jan 27 & 29 Start Feb 3
Woodbury Middle School, Woodbury	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 27 & 29 Start Feb 3

CITIZENSHIP CLASSES

CLASS LOCATION	CLASS MEETING TIME	START DATE
Northwestern Regional HS, Winsted	Thursdays 6:00-8:00 PM	Register Jan 28 & 30 Start Feb 6
Vogel-Wetmore School, Torrington	Tuesdays 5:30-8:30 PM (12 weeks)	Register Jan 27 & 29 Start Feb 4
Woodland Hills Apts, 330 Highland Ave, Torrington	Saturdays 9:00 AM - 12:00 PM (12 weeks)	Register Feb 1 Start Feb 8

FREE CLASSES

GED® Exam Information

Earn Your High School Diploma

For test takers 17 or 18 years old: Connecticut General Statutes, Section 10-5(a) requires that individuals who are either 17 or 18 years old at the time of GED® registration must document that they have been officially withdrawn from high school for at least six months. Individuals 17 years old must submit a withdrawal form with a parent/guardian signature. Individuals who are 18 may submit, instead of a withdrawal form, a letter from the last high school attended stating that the class with which they entered ninth grade has already graduated (or would have graduated if the student never entered high school). Testing is free.

For test takers 21 years old or older: All test takers who are 21 years of age or older and a non-veteran must pay a one-time \$13 registration fee to take the GED® tests. Veterans are free. This fee includes the cost of issuing a diploma upon the successful completion of all four parts of the test.

Step 1: **Create an account.** Go to www.ged.com and click the “Sign Up” link

Step 2: **Contact the EdAdvance Foothills office** (860.567.0863). Connecticut policy requires all GED® test takers to be counseled about their options for high school completion.

Step 3: **Assess your readiness to test.** Take the **GED Ready®**, the official practice test for the GED®. Foothills can help you by providing free vouchers to try a section or two. Additional practice tests can be purchased through the ged.com website for \$6.00.

Step 4: **Study.** Sign up for convenient, FREE local classes at one of the Foothills program locations to review.

Step 5: **Request a release for testing.** Come to EdAdvance Foothills office and bring with you

- Proof of identity (current and valid State of CT issued photo ID such as a driver’s license, learner’s permit or non-driver registration card); Proof of CT residency
- \$13 registration fee (cash, check or credit) if 21 or older
- Social Security number
- Proof that you have passed at least two of the GED® Ready tests

Step 5: **Schedule your tests!** The EdAdvance testing center at 355 Goshen Road in Litchfield is one of several convenient locations where you can test. Tests can be scheduled between 9:00 AM-4:00 PM on these dates:

January 7, 21, 23, 29, 30
February 6, 18, 19, 26, 27
March 4, 5, 16, 19, 24, 31
April 13, 20, 22, 30
May 12, 13, 19, 20, 26, 27
June 3, 11, 17, 18, 22, 25

GED® Testing Accommodations:

Accommodations for the GED® are available for qualified individuals with a documented disability. Information about requesting accommodations is available on the GED FAQs page or contact Foothills Program Facilitator Margot Snellback (GED Registrar) or Foothills Regional Director Susan Domanico (Disability Contact Person) at 1.800.300.4781. Inquiries may also be directed to Sabrina Mancini, CT State Department of Education at 860.807.2110.

FREE CLASSES

GED® Preparation Classes

Interested students may walk in at any location during the class and register once classes have started.



CLASS LOCATION	CLASS MEETING TIME	START DATE
Housatonic Valley Regional High School, Falls Village	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 27 Start Feb 3
Northwestern Regional High School, Winsted	Tuesdays & Thursdays 6:00-8:00 PM	Register Jan 28 & 30 Start Feb 4
Goulet Building, 56 Park Place East (NCCC), Winsted *	Tuesday & Wednesdays 1:30-3:30 PM	Register Jan 27 *Mon Start Feb 5 *Wed
Pomperaug High School, Southbury	Wednesdays 6:00-8:00 PM	Register Jan 29 Start Feb 5
Terryville High School, Plymouth	Tuesdays 6:00-8:00 PM	Register Jan 28 Start Feb 4
American Job Center, 59 Field St, Torrington *	Mondays & Wednesdays 1:00-3:00 PM	Register Jan 27 & 29 Start Feb 3
FISH, 332 South Main St, Torrington *	Mon, Tues & Wednesdays 9:00 AM - 11:00 AM	Register Jan 27 & 29 Start Feb 3
Torrington High School, Torrington	Mondays - Math Wednesdays - English, Sci, SS 5:30-7:30 PM	Register Jan 27, 28, 29 Start Feb 3
Watertown High School, Watertown	Mondays - English Wednesdays - Math 6:00-8:00 PM	Register Jan 27 & 29 Start Feb 3
Woodbury Middle School, Woodbury	Mondays 6:00-8:00 PM	Register Jan 27 Start Feb 3

Walk-in registrations are accepted at the program sites. English Learner students welcome.

***These classes offer a downtown location in the daytime to provide additional options for students through the Program Enhancement Projects grant from the CT State Dept. of Education.**

In compliance with Connecticut General Statutes Sec. 10-71c, Foothills does not charge a fee for any textbooks or materials used in adult basic education (mandated) program areas. Book deposits are recorded and returned for books returned undamaged and which can be reused.

FREE CLASSES

Earn Your High School Diploma

Earn Your High School Diploma (FREE):

National External Diploma Program (NEDP)®

NEDP® is a flexible, self-directed, online program that allows adults with life and work experience to demonstrate skills that they have learned which are equivalent to a high school education. This program is suited for adults for whom attending a regular class would be difficult because of other commitments. Clients meet periodically with an advisor for feedback and assessment to complete tasks to document their competency. Visit <https://www.casas.org/nedp> and call 860.567.0863 to get more information about this program.



Earn Your High School Diploma (FREE):

Adult High School Credit Diploma (CDP)

Do you have credits that you earned in high school? This is a program for adults who want to earn a diploma by attending evening classes, taking classes online and receiving credits for qualifying work or military experience. Students select English, Math, Science, Social Studies and elective classes to earn the 22 credits needed to graduate. Online classes are offered through Connecticut Adult Virtual High School and Odysseyware. Evening classes are offered at:

- Torrington High School (5:00-7:00 PM and 7:00-9:00 PM)
- Watertown High School (5:00-7:00 PM and 7:00-9:00 PM)



An appointment is required with our school counselor

to develop a graduation plan. Call 860.567.0863 x 1133 to schedule a time. Students will need a copy of their high school transcript (contact previous high school guidance office if necessary) and provide their Social Security number. Students who are 17-18 years old with need to present a copy of their official high school withdrawal form with parent/guardian signature. Allow an hour for a registration appointment. Open registration is:

- Monday, January 13 from 9:00 AM-3:00 PM for new students only
- Tuesday, January 14 9:00 AM-1:00 PM
- Wednesday, January 15 1:00-5:00 PM

Wednesday, January 22 5:00 PM New Student Orientation

**Classes meet from 5:00-7:00 PM and 7:00-9:00 PM at both locations on Monday, Tuesday and Wednesday evenings.
Attendance is mandatory at each class.**



Special classes for GED, NEDP and CDP students

Workplace Readiness: Explore your interests, talents, and skills to determine the best career for you. Explore the job market, develop the “soft skills” that promote success on the job and learn digital skills that apply to the workplace.

Post-secondary and Career Transition: Enroll in dual-enrollment courses through Northwestern CT Community College in English or Math for college placement. Visit employers to learn about different work environments and opportunities in high-demand, high-growth businesses.

FREE CLASSES

CLASSES OFFERED AT EACH SITE

SITE	AE BASIC ED	ENGLISH	CITIZEN- SHIP	GED	CREDIT DIPLOMA
Housatonic Valley Regional Falls Village		Mon / Wed 6:00-8:00 PM		All Subjects Mon / Wed 6:00-8:00 PM	
Terryville HS, Plymouth				All Subjects Tues 6:00-8:00 PM	
Pomperaug HS Southbury				All Subjects Wed 6:00-8:00 PM	
Southbury Library, Southbury		Tues / Thurs 9:30 AM - 12:30 PM			
American Job Center Torrington				All Subjects Mon / Wed 1:00-3:00 PM	
Ctr Congrega- tional Church, Torrington		Mon / Wed 9:00AM - 11:30 AM			
FISH, Torrington				All Subjects Mon/Tues/Wed 9:00-11:00 AM	
Torrington HS, Torrington	Mon, Tues 6:00-8:00 PM			Mon: Math Wed: English 5:30-7:30 PM	5:00-7:00 PM 7:00-9:00 PM
Vogel-Wetmore School, Torrington		Mon / Wed 5:30-8:30 PM	Tues 5:30-8:30 PM		
Woodland Hills Apts, Torrington			Sat 9:00-12:00 PM		
Watertown HS, Watertown	Mon 6:00-8:00 PM	Mon / Wed 6:30-8:30 PM		Mon: English Wed: Math 6:00-8:00 PM	5:00-7:00 PM 7:00-9:00 PM
Northwestern Regional HS, Winsted		Tues / Thurs 6:00-8:00 PM	Thurs 6:00-8:00 PM	All Subjects Tues / Thurs 6:00-8:00 PM	
Goulet Bldg, (NCCC) Winsted		Mon 1:30-3:30 PM		All Subjects Tues/Wed 1:00-3:00 PM	
Woodbury Middle School, Woodbury		Mon / Wed 6:00-8:00 PM		All Subjects Mon 6:00-8:00 PM	

TRAINING AT EDADVANCE, LITCHFIELD

PARAPROFESSIONAL ASSESSMENT EXAM

EdAdvance offers the online 2.5hr Paraprofessional Assessment Exam at EdAdvance, 355 Goshen Rd., Litchfield.

A ParaPro needs to satisfy one of the following;

- 1.) An Associate Degree
- 2.) Two years of college to demonstrate, through a state or local academic assessment, knowledge of, and the ability to assist in, the instruction of Math, Reading and Writing for grades K-12.

More detail about the assessment can be found by searching at <https://www.ets.org/parapro>

EdAdvance cost is \$85
(90 questions, multiple choice, on computer, no calculators, scrap paper/pencil provided).

Dates are frequently added to our website.

Spots fill quickly! Recommended practice sites:
teacherstestprep.com, khanacademy.com.

You must PAY online by MasterCard or Visa to be counted in the limited seats available.

For additional dates or questions contact
Linda Coscia x1126, Foothills Adult Education 1.800.300.4781 or 860.567.0863.

Please register at www.edadvance.org/registration, Adult Education Enrichment

DRIVER EDUCATION AT EDADVANCE

EdAdvance has launched a Driver Education Program serving northwest CT that offers a constellation of program options including the 38-hour and 30-hour DMV-approved instructional programs;

8 hour Drug, Alcohol program and Safe Driving Practices programs; and additional hours of road instruction.

Contact Michele Babij, DMV-licensed instructor at driveredinfo@edadvance.org or 860.361.9374

www.edadvance.org/registration, Driver Education, EdAdvance Transportation Dept.

Career Advancement

CERTIFIED NURSE AIDE TRAINING

Learn the skills that will allow you to become a Certified Nurse Aide (CNA). Our 100-hour program consists of 52 hours of classroom time and 48 hours of clinical training. Completion will qualify you for the state certification examination (application fee included). PPD (Mantoux) and physical (within one year) are required prior to the first day of clinical. Call Foothills Adult Education 1.800.300.4781 Jen Rubbo x1118 for more details. Note: For those who need recertification you will need to call Prometric at 1.866.499.7485. **Register at www.edadvance.org/registration, Adult Education Enrichment, CNA Training w/full payment.**

DAY - 9 weeks

Feb 19- Apr 16	Wed/Thurs	\$900*
8:30-2:30pm	Class at EdAdvance	
8:00-2:00pm	Valerie Manor, Torrington	

A schedule will be handed out on the first day of class.

EVENING - 11 weeks

Feb 19 - Apr 30	Wed/Thurs	
5:00-9:00pm	Class at EdAdvance	\$900*
4:00-10:00pm	Valerie Manor, Torrington	

Pay in FULL online via Credit Card (no partial pays) OR

Call to register and Use our Payment Schedule (pay via cash on night of class):

\$300 non-refundable deposit due at registration

\$300 due 1st night of class

\$300 due 1 month after start date

*Tuition support may be available through WIOA (Workforce Innovation and Opportunity Act) funding. Call 860.496.3500 for more information.

FOOD SAFETY MANAGER CERTIFICATION

Do you want to become a Certified Food Operator? Take this intensive, one-day, 8-hour Food Safety Manager Certification course developed by the Educational Foundation of the National Restaurant Association, which is part of the Foundation's ServSafe® risk management series. Successful completion of this course will earn you a food safety certification after passing a 90-question exam. Book is included in course fee and needs to be reviewed prior to class and will be mailed to students. (WIOA funding may be available, call 860.496.3500 for details).

A. Devlin **Register at www.edadvance.org/registration, Adult Education Enrichment**

March 21	Saturday	
9:00am-5:00pm	1 session	\$150

May 30	Saturday	
9:00am-5:00pm	1 session	\$150

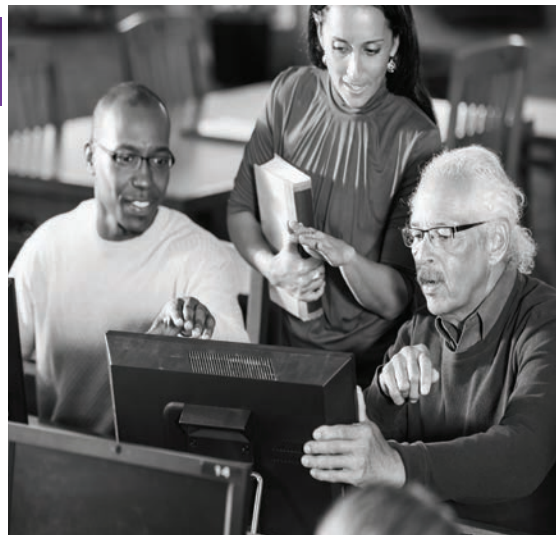
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Price:

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EXAMPLES OF JUST A FEW OF OUR OFFERINGS:

AUTOCAD 3D 2018

You will master basic and advanced AutoCAD design skills as you gain hands-on practice in using the 2D tools in AutoCAD 2018. You will begin with learning the basic tools for creating 2D drawings. You will annotate the 2D drawing by adding text, hatching, tables, and dimensions. To further this knowledge, you will explore AutoCAD tools such as blocks, layouts, templates, annotation styles, and sheet sets, to help improve your efficiency with the software. 80hrs \$1,695

C++ PROGRAMMER

This course is designed to introduce you to the concepts, terminology, application, and coding of the C++ programming language. This course consists of 18 lessons that use text, full programming scenarios, instructional videos, and hundreds of live coding labs that give you real-time feedback on your work. You will learn fundamental programming concepts, including decision making and looping, with the support of practical, step-by-step examples. 108hrs \$995

CATERING PROFESSIONAL

In our Catering Professional course, you will have the opportunity to work alongside a variety of skilled professionals and cater to an assortment of food and beverage requests. You will learn the foundations of event planning, food and beverage management, sales and marketing, human resources, accounting practices, and legal contracts. 100hrs \$1,295

Please note: Once the program curriculum is accessed online or through submission of a material shipment confirmation, refunds cannot be issued.



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2. Click the courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

COMPUTER SKILLS FOR THE WORKPLACE

This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. We'll focus on practical application for software most common to the workplace. \$115

CONVERSATIONAL JAPANESE

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you'll also gain cultural knowledge only an insider has. \$99

DISCOVER SIGN LANGUAGE

Throughout the course you will learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language. This course is taught using the best practices of the industry with a minimum of audio support. Throughout, you will be immersed in silence, so you will gain an understanding of the perspective of Deaf people and sign language. \$99

EVERYDAY MATH

This course will show you how to use math to your advantage. You won't find any theory or memorization here. The lessons that make up this course are filled with practical exercises and information that you can put to immediate use. You will find out some very interesting things about how calculators work, and then you will discover how best to get a handle on your income and expenses. \$115

INTRO TO INDESIGN CC (CREATIVE CLOUD)

The course is applicable to any version of InDesign CS4 or newer. In each lesson, we'll cover an important aspect of InDesign CC as you prepare a range of print and online products for a fictional company, Natalie's Nautical Emporium. You'll get dozens of files to work with, including a partially completed InDesign document used to start each lesson. Then you'll use the downloaded graphics, images, fonts, and other content to complete the project. Check your work or troubleshoot any problems you encounter, you'll always get a copy of the finished InDesign project file. \$115

MEDICAL CODING

This knowledge will help prepare you to work almost anywhere in the medical field. We'll go through each of the main systems of the human body—integumentary (skin), musculoskeletal, respiratory, cardiovascular, gastrointestinal, endocrine, and male and female genitourinary—outlining the medical terminology, conditions, diseases, injuries, treatments, and procedures you'll see most often in each of those systems. \$115

QUICKBOOKS 2016 SERIES

Whether you're a small business owner or an accountant in need of a QuickBooks refresher, this series of courses will teach you the skills you need to navigate the latest version of the software like a pro. \$199

SPANISH FOR MEDICAL PROFESSIONALS

Are you struggling to communicate with your Spanish-speaking patients? If so, here's the perfect solution. Whether you're new to the Spanish language or just want a refresher, this fun and simple course will give you the basic tools you need to bridge the communication gap. \$115

Start dates for all courses: You choose what is best for you when you register online. *dates subject to change, please double check when you register*

All courses require Internet access, e-mail and Microsoft Internet Explorer web browser. Some courses may have additional requirements. **Please register at <https://www.ed2go.com/ftls>**

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CLASSES FOR ADULTS 18 years and older DISCOVER, LEARN AND GROW!

EDADVANCE LITCHFIELD

COMPUTERS

ALTERNATIVES TO SELLING ON EBAY

Due to the great success of the "Selling on eBay" class, we have added a course on other selling alternatives out there. We will look at such platforms as Craigslist, Let Go, Offer Up, and Facebook Marketplace. We'll look at the basics of selling and management with these tools as well as potential pros and cons.

Staff

March 25	Wednesday	
5:30-8:30pm	1 session	\$30

BASIC INTERNET SECURITY

Learn basic Internet security concepts and take basic precautions to protect yourself from hacking and identity theft. We will cover Internet browsers, insecure browsers, add-ons, password use, and protective software. Bring your own PC or Mac for "hands-on" experience.

D. Thompson

Feb 25	Tuesday	
6:00-8:00pm	1 session	\$20

COMPUTER LESSONS FOR BEGINNERS

This class is designed for the novice who has very little to no experience with a computer. Hardware components and software terminology are addressed as the very basics of starting to use a computer. This class will cover common computer terms, starting up and shutting down, using the mouse, keyboard, how to save files, and more. Students will be using laptops to practice on and are welcome to bring their own to class.

D. Howser

March 5	Thursday	
1:30-3:30pm	2 sessions	\$40
May 19	Tuesday	
6:30-8:30pm	2 sessions	\$40

COMPUTER TROUBLESHOOTING

Learn the basics of computer maintenance using Windows 10, what to do when something goes wrong, and how and where to back up your files, photos, music, etc. Older windows systems will be discussed briefly if needed. Participants may bring their own laptop with Windows 7 or newer (no Macs) for adjustments and practice.

D. Howser

Apr 21	Tuesday	
6:30-8:30pm	1 session	\$20

*Please bring
a flash drive
to save your
work.*

EXCEL I (NEW)

Intro to Excel will review the basics and terminology. Students will learn to navigate, format, and by the end create a spreadsheet with formatting and formulas for basic calculations. Prerequisites: ability to use a computer and MS Office products.

V. Barber

March 10	Tuesday	
6:30-8:00pm	3 sessions	\$45

EXCEL II (NEW)

This class follows Excel I. Participants will review skills as needed. Learn more advanced functions and the ability to manipulate data for usefulness. Topics will include advanced functions and formulas, formatting and data validation, lookups and charts. Prerequisites: working knowledge of Excel.

V. Barber

Apr 7	Tuesday	
6:30-8:00pm	3 sessions	\$45

*no class 4/14

EMAIL MADE EASY

For both introductory and intermediate levels of Gmail users. All efforts will be made to accommodate individual skills of those enrolled. Use Gmail with confidence and ease. Learn about email, contact lists, file management.

D. Samson

Apr 7 & 9	Tues/Thurs	
10:00-12:00pm	2 sessions	\$40

GOOGLE DRIVE MADE EASY

Learn how to use cloud storage to protect computer information. We will cover file management and organization of data. Set up your computer to automatically back up documents. You must have a Gmail email address already created. Please bring your own laptop. D. Samson

Apr 21 & 23	Tues/Thurs	
10:00-12:00pm	2 sessions	\$40

Danbury Access Program, 103 Miry Brook Rd, Danbury CT has it's own flyer mailed to the Danbury area. If you are interested in Danbury class offerings please look online at www.edadvance.org/registration / Adult Education Enrichment. Or call us and we can mail you a flyer with only Danbury classes.

EDADVANCE LITCHFIELD

INSTAGRAM FOR BUSINESS

Want to know how to make the fastest growing social media platform work for your business? We will go over the basic skills necessary to achieve that and more. Learn how to use the platform, gain followers, grow your business, and interact with high profile pages to continue your growth. PC or Mac is fine as we will look at those platforms, but please bring an android or iOS device with a built-in camera to get the most out of this course. Staff

March 30	Monday	
6:30-8:30pm	2 sessions	\$40

LOVE YOUR IPAD

You will capture photos and videos and share them through email, text messages, and Airdrop. Email functions, including downloading photos, will be reviewed. Shortcuts and dictation will simplify iPad usage. Your privacy settings will be checked, and we will verify your valued information will not be lost. This class is designed, developed and delivered by a professional IT educator and includes handouts and homework. Requirements – an Apple iPad and your Apple ID & Password. J. Krampitz

March 18	Wednesday	
1:00-3:30pm	3 sessions	\$75

*no class 4/1

IPAD INTERMEDIATE

In Calendar, add and update repeating events, setup notifications and get directions to events. Contacts will be created, edited, and used for messages and calls. You will share contacts, use them for directions and assign photos to them. Photo albums will be created and populated. Create a customized slideshow. Performance settings will be reviewed. Required proficiency in iPad Fundamentals, an iPad and your Apple ID and password.

J. Krampitz

Apr 15	Wednesday	
1:00-3:30pm	3 sessions	\$75

IPAD NEWEST FEATURES

We will explore recent improvements to: Split Screen, Slide Over, Scroll Bar, & Privacy. Control Center customizations, App Switcher modifications & Floating Keyboard will also be covered. Don't miss out on these exciting new updates. Prerequisite: an introductory iPad class. Requirement: an iPad with iOS 13 installed. J. Krampitz

May 6	Wednesday	
1:00-3:30 pm	2 sessions	\$50

PHOTOSHOP FOR BEGINNERS

Edit, clean and alter your photos. Eliminate red eye, edit colors, use effects and textures, combine photos and work with masks and layers. Participants will know how to improve their photos with little or no graphic experience. Staff

Apr 7	Tuesday	
6:30-8:30pm	5 sessions	\$99

SELLING ON EBAY Limited Space - Fills Quickly!!

This class will teach you the basics of selling on eBay and how to avoid pitfalls that come with it. You will learn about auctions, setting prices, writing descriptions and how to take photos of your items. We cover selling only. Staff

Feb 10	Monday	
5:30-8:30pm	1 session	\$30
May 6	Wednesday	
5:30-8:30pm	1 session	\$30

WORD 2016

Students will learn basic functions, tools available, how to create, save and recover documents and more. Prerequisite: Must have basic computer knowledge, keyboarding and mouse skills. Staff

March 9	Monday	
6:30-8:30pm	3 sessions	\$59

WINDOWS 10

Get all the tips, tricks and techniques to navigating, customizing and working with Windows 10. Learn about the apps, accessories, file system and other tools including the new groundbreaking browser, Edge. Staff

Apr 1	Wednesday	
6:00-8:30pm	2 sessions	\$49

ARTS & CRAFTS

ACRYLIC PAINTING

Learn to paint beautiful pictures using acrylic paint on canvas. You will first sketch your ideas on paper and then transfer them to canvas. By the end of classes, you will have painted a beautiful still life or a landscape. R. Olsen

March 30	Monday	
6:30-8:30pm	4 sessions	\$79

AMAZING ALCOHOL INKS: TECHNIQUES & PLAY

Learn and practice the different ways we can produce art using alcohol inks. Create sun catchers, flowers, landscapes, and abstract designs on tile, glass, or canvas. No previous experience is required. A supply list will be provided on the first night of class. There is also an option to purchase supplies directly from the instructor for approximately \$15. F. Tway-Grant

May 12	Tuesday	
6:30-8:30pm	3 sessions	\$59

BLOCK PRINTING

Learn a creative way to make your own cards or prints by carving a pattern on an 8x10 inch piece of linoleum or wood. The instructor will supply reference materials for students to use for creative ideas. On the first night, students should bring a sketch pad and drawing pencils. Students will need to get a set of wood block carving tools, a wood block or piece of linoleum no larger than 8x10 inches, and paper for printing design. The instructor will call students prior to the first class with a supply list. R. Olsen *no class 5/25

May 4	Monday	
6:30-8:30pm	4 sessions	\$79

EDADVANCE LITCHFIELD

CELL PHONE PHOTOGRAPHY

Today, most people can use their cell phones as a camera for everyday use. Come learn how to use a cell phone as a camera with ease. Basic photo techniques are taught and adapted to cell phone usage. Discussion on composition, focus, angle, time of day, scenic techniques, and unique and advanced cell phone features. Also learn how to preserve your important photos so they are not lost if something happens to your phone. Techniques are applicable to all cell phones regardless of make.

H. Pantely

March 24	Tuesday	
6:30-8:30pm	2 sessions	\$40

COLORED PENCIL DRAWING

Learn drawing basics using colored pencils including composition, basic drawing shapes, shading, layering and blending to create still life, landscape, portrait, and wildlife drawings. Instructor will provide supply list one week prior to class. C. Hurst

March 11	Wednesday	
6:00-8:00pm	3 sessions	\$59

DIGITAL PHOTO ORGANIZATION & STORAGE

Learn how to organize your digital photos into files and folders and how to backup and share your photos online using various online programs. Participants should bring their own laptop (no Macs or any handheld devices) and power cords. Prerequisites: Basic computer skills and must have Google, Yahoo, Microsoft or Amazon Prime account. D. Howser

Apr 2	Thursday	
6:30-8:30pm	1 session	\$20

DRAWING IN PENCIL AND CHARCOAL

Learn the techniques of drawing a variety of subject matter using charcoal and chalk pastels. Topics include the basics of drawing, use of charcoal/chalk pastel medium, techniques of drawing, and analyzing subject matter. The instructor will call students with a supply list prior to the first class.

R. Olsen

Feb 24	Monday	
6:30-8:30pm	4 sessions	\$79

INTRO TO PHOTOGRAPHY

Learn how to take beautiful photos whether you have a point and shoot or a digital SLR. Learn the fundamentals needed to get the most from your camera. Students will have a better understanding of camera functions, exposure, depth of field, ISO, apertures, and shutter speeds. Bring camera to class.

D. Howser

Feb 25	Tuesday	
6:30-8:30pm	2 sessions	\$40
Apr 29	Wednesday	
6:30-8:30pm	2 sessions	\$40

MORAVIAN STAR

In this beginner class we learn the basic techniques of cutting, grinding, foiling, and assembling this beautiful 3D stained glass hanging star. There is a \$10 material fee (cash only) payable to the instructor at the first class. S. Segovia

Apr 13	Monday	
6:00-8:00pm	2 sessions	\$40

OPEN STUDIO FOR VISUAL ARTS (NEW)

Whether you are a new artist, or have been painting for years, an open studio session is a great place to focus, learn, and share in a supportive and collaborative environment. Creating art among other like-minded people, motivates, inspires, and opens you up to new ideas & techniques. Each artist must bring a project with art materials that they would like to work on.

P. Piscopo

March 3	Tuesday	
1:00-3:00pm	4 sessions	\$79
Apr 28	Tuesday	
6:00-8:00pm	4 sessions	\$79

PAINT FLOWERS IN PASTELS

Capture vibrant jewel colors and varied shapes of flowers in a class presenting soft pastel materials and techniques, composition, color selection, values and shading, blending and layering. Instructor will provide supply list one week prior to class.

C. Hurst

Apr 8	Wednesday	
6:00-8:00pm	3 sessions	\$59

STAINED GLASS JEWELRY

Participants will design and create their own wearable art to take home while learning the basic techniques of cutting, foiling, and soldering stained glass to create a pair of earrings and a matching pendant. There is a material fee (cash only) of \$12 payable to the instructor at the first class. Please arrive on time. S. Segovia

May 5	Tuesday	
6:00-8:30pm	1 session	\$25

WATERCOLOR FLOWERS

Create colorful, textured, shimmering paintings of buds, blossoms, foliage, and garden groupings. This class presents watercolor materials and supplies, composition, and a variety of techniques including color mixing, brushstrokes, washes, and shading. Instructor will provide supply list one week prior to class. C. Hurst

May 6	Wednesday	
6:00-8:00pm	3 sessions	\$59

REGISTRATION DEADLINE

Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment. Register at www.edadvance.org/registration
Adult Education Enrichment.

EDADVANCE LITCHFIELD

HOME IMPROVEMENT

ADAPTIVE GARDENING

Don't give up on the garden you love. If injury or arthritis has hindered you, learn about ways to modify your garden and the tools and gadgets you can use. Discussions include raised flower and vegetable beds, flowerpot and hanging gardens, even gardening with a friend or relative to share duties. Let's make gardening fun again! W. Fahy

May 12	Tuesday	
6:00-8:00pm	1 session	\$20

ART OF BONSAI: INSPIRATIONS FOR GARDEN DESIGN (NEW)

There is a misconception that the art of bonsai is a specialized Japanese horticultural art form with no relationship to garden design. The truth is that bonsai design principles are universal design principles. An overview of the art of bonsai, bonsai display, and design elements in the Japanese garden will help the home gardener understand the basic concepts of Eastern design principles. This lecture shows how these design principles can be applied in conjunction. It is recommended, but not required, that participants attend "Taming of the Shrubs" class prior to this class. D. Silver

March 25	Wednesday	
6:00-8:00pm	1 session	\$20

BACKYARD BEEKEEPING

This introductory class is geared to those curious about honeybees and who may be considering starting hives of their own. Topics discussed will be honeybee behavior, cost, time commitment (by season), equipment, and types of hives. B. Domonell

March 17	Tuesday	
6:00-8:00pm	2 sessions	\$40

CONTAINER GARDENING

If you have limited time, space or poor soil, container gardening may be right for you. Get all the information you need to start vegetable gardening, herbs, perennials and annuals in containers from choosing the container, the right soil, to water and fertilizer needs. Find out how to choose plants and build a successful container for landscaping. Get some creative ideas for containers. C. Zbuska

Apr 1	Wednesday	
6:00-8:00pm	1 session	\$20

FLUID TRANQUILITY: FUNDAMENTALS OF WATER GARDEN DESIGN

The water feature is a vital element in the Japanese Garden. This lecture will discuss how water features are created and the principles of their design and installation. Special emphasis will be put on how even the smallest gardens can incorporate a water feature. Topics include, site selection, design, waterfalls, creating rivers, pump and filter selection, fish and plants for the water garden. D. Silver

Apr 15	Wednesday	
6:00-8:00pm	1 session	\$20

HOW TO SHARPEN EVERYTHING AND ANYTHING

Learn traditional and modern techniques to sharpen anything dull, like pesky kitchen cutlery, garden tools, scissors, etc. Topics to be covered include types of stones, gadgets, wet or dry, machines, and all types of steel. Instructor will provide all instruments for demonstration and teach methods for students to try out. H. Pantely

March 25	Wednesday	
6:30-8:30pm	2 sessions	\$40

ORGANIC LAND/LAWN CARE

Organic is becoming more popular. Learn why to go organic, how to create an organic lawn, supplements and when to apply, how to transition to organic, what grass seeds are best for certain conditions, evaluating weeds and what they can tell you about your soil, fungus and insects that attack lawns and how to deal with them organically, alternatives to lawns and where to find resources. C. Zbuska

Apr 29	Wednesday	
6:00-8:00pm	1 session	\$20

RAISING CHICKENS

Raising chickens can be a fun activity for an urban homesteader. This class will have first-hand funny stories and practical dos and don'ts. Upon successful completion of the course, students will know what kind of food to feed chicks, how to take care of an adult hen, and how to buy a hen house. Topics include where to buy your fertilized eggs for hatching your live chicks, what kind of food to feed egg laying hens, how much room chickens need to roam, the laws on selling the eggs, and zoning laws. A. Robitaille

March 23	Monday	
6:00-8:00pm	1 session	\$20

REPLACEMENT WINDOW WORKSHOP

Compare window products and prices. See how windows are properly installed! Want to save on your heat and air-conditioning bills and take advantage of incentive programs available, but don't know where to start? Examine Low-E, Argon, Triple Pane, Wood, Vinyl, Composite. How much should I pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

P. O'Doherty

March 10	Tuesday	
6:30-8:30pm	1 session	\$20

A SEMINAR ON FRUIT TREES

The most common question asked in this seminar is: "Why don't my apple trees have any apples?" Spend two evenings in this seminar, and you will have your answer and know why and how to correctly prune and balance your tree back to health. If you are new to fruit trees, start here. .

P. Montgomery

Apr 20 & 22	Mon/Wed	
6:00-8:00pm	2 sessions	\$40

EDADVANCE LITCHFIELD

THE TAMING OF THE SHRUB

Pruning is an art & a science that requires practice. Learn sound techniques applied at the right time for the right plant can take the mystery out of pruning. Topics also discussed include pruning & training of common garden shrubs, the rationale of pruning, & the fundamentals of good pruning practices. A discussion of the rationale behind pruning will help the home gardener achieve a result that is both horticulturally sound & aesthetically pleasing. D. Silver

Feb 26	Wednesday	
6:00-8:00pm	4 sessions	\$79

PERSONAL DEVELOPMENT

ANCESTRY 101

This basic genealogy course focuses on creating a family tree online using Ancestry.com. Students will also learn about other online genealogy resources and how to add them to their tree. A subscription to Ancestry.com is required. D. Ciba

Feb 6	Thursday	
6:00-7:30pm	6 sessions	\$90

ENNEAGRAM: SELF DISCOVERY AND SELF AWARENESS (NEW)

The Enneagram is an ancient personality typing system. Working with the Enneagram helps you develop self-knowledge to understand who you are and why you see and relate to the world the way you do. Of the 9 types, none is better or worse than another, each has its own strengths and weaknesses and none are gender biased. Find out how you can release the grip you've kept on old, self-defeating ways of living so you can open yourself to freedom and becoming your best. L. Olsen

April 21	Tuesday	
6:30-8:30pm	1 session	\$20

ESSENTIAL OILS

Learn the history of essential oils and how to use them. Discussion may include benefits from certified pure therapeutic grade oils and do it yourself projects using oils. These oils help with health, emotions, and cleansing. You will also make a blend of your choice to bring home. There is an optional \$20 textbook available in the class payable by cash to the instructor. L. Olsen

March 17	Tuesday	
6:30-8:30pm	1 session	\$20

FOSTER CARE AND ADOPTION

This is a brief overview of the process for becoming a licensed foster/adoptive parent in CT. Information regarding prerequisites for families, and the children needing to be placed in foster/pre-adoptive homes will be discussed. D. Kelleher

Feb 24	Monday	
6:00-8:00pm	1 session	FREE
Apr 15	Wednesday	
6:00-8:00pm	1 session	FREE

HOW AND WHY TO MEDITATE: THE BASICS OF DAILY MINDFULNESS

What causes us to feel stressed, anxious, fatigued? Review the science behind the benefits of Mindfulness practices. Learn how to meditate; to quiet the mind for greater ease and balance in life. Students will learn a variety of techniques and basic skills to settle and quiet thoughts. You will understand why and how to establish a regular meditation practice at home. S. Klapper

Feb 26	Wednesday	
6:00-7:00pm	4 sessions	\$40

HOW TO TALK WITH THE OTHER SIDE

Do you know how to communicate with spirits? Do you know how to recognize a sign? Learn how to engage with the other side and develop your intuition. Upon completion of this class, students will be able to receive communications on their own and develop their intuitive self. C. Miller

March 9	Monday	
6:30-8:30pm	1 session	\$20

MANAGING THE MAZE (NEW)

Self Help is all the craze these days. Join this discussion group and learn how to handle those unforeseen and unplanned changes life brings us. Learn to look at some of life's little surprises in a very different light. We will be using the strategies brought forth by the authors: Spencer Johnson and Trina Paulus to amuse us with humor and sound advice. W. Fahy

March 10	Tuesday	
6:00-8:00pm	1 session	\$20

TALKING WITH HEAVEN

In this follow up workshop, participants will share stories, of how their connection is working, as well as what and how they are receiving their information. New information comes through with each group that gathers. The instructor will make time for a question and answer period. Cindy M. Miller is an author of "Is That All There Is... The Journey Within". *Participants do not have to attend the first session to enroll in this class. C. Miller

Apr 8	Wednesday	
6:30-8:30pm	1 session	\$20

WELLNESS & MOVEMENT FOR SIMPLE LIVING (NEW)

Health habits require both reflection and facts. Here you will find both. Come and join us for an evening of relaxation, and learn to live your simplest, healthiest life. Learn how to make healthier choices for yourself and gain a "toolbox" of ways to manage and move through stress. Bring a yoga mat. R. Kowalski

Feb 3	Monday	
6:00-7:30pm	4 sessions	\$59
March 16	Monday	
6:00-7:30pm	4 sessions	\$59
Apr 20	Monday	
6:00-7:30pm	4 sessions	\$59

EDADVANCE LITCHFIELD

RECREATION & LEISURE

AARP SMART DRIVER COURSE

In this refresher course for drivers 50+, participants will review of the challenges faced by aging drivers and receive guidance on how to continue driving safely. Students must bring a driver's license and their AARP card to class. There will be a fee payable to "AARP" at the class, \$15 fee for members and \$20 for non-members. Please arrive early, and there will a short break. M. Forbes

Apr 6	Monday	
1:00-5:00pm	1 session	FREE

BOATING / PERSONAL WATERCRAFT SAFETY

This DEEP approved course is required to obtain the proper certificate for boat operation by CT residents. Upon successful completion of this course, you will be able to obtain a certificate of Personal Watercraft Operation which allows the operation of all motorized recreational craft. Topics include boat selection, trailering, safety requirements, boating law, registration, and more. Students must participate in all classes to qualify. Students should obtain a DEEP Conservation ID prior to the start of this class. G. Dean

March 21	Saturday	
9:00am-5:00pm	1 session	\$70
May 30	Saturday	
9:00am-5:00pm	1 session	\$70

CRIBBAGE

Learn how to play this fun, friendly social card game. With hands-on experience, you will learn how to play the game, strategies, how to add up points and keep score using a cribbage board. T. Rubbo

Feb 19	Wednesday	
1:00-3:00pm	3 sessions	\$59
Apr 27	Monday	
6:30-8:30pm	3 sessions	\$59

DOWSING - AN ANCIENT SKILL

Learn about the ancient art of dowsing. Originally used to find water, the dowsing instrument (traditionally a forked stick) is simply a tool that gives a visible response to confirm that we know intuitively though not necessarily consciously. Learn to use a pendulum and L-rods, and even map dowsing to find water, information, or even lost keys!

M. Minor		
Apr 9	Thursday	
6:30-8:30pm	2 sessions	\$40

REGISTRATION DEADLINE

Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment. Register early. Register online with MC or Visa. (\$1.99 per class convenience fee applies). Mail in checks with registration form (no convenience fee). You can only be on the roster if you have paid for a class.

GENTLE RESTORATIVE YOGA

For beginner/intermediate students looking to deepen their yoga practice. Class uses props to help maintain balance and comfort. You will use breathing techniques, postures, and focus to peacefully unwind. Prerequisites to this course include being able to safely and comfortably get up and down off the floor with little to no assistance. Please make instructor aware of any limitations in the first class to allow modified poses when necessary.

A. Longhi		
Feb 6	Thursday	
5:00-6:00pm	6 sessions	\$60
March 19	Thursday	
5:00-6:00pm	6 sessions	\$60
Apr 30	Thursday	
5:00-6:00pm	6 sessions	\$60

INTRODUCTION TO HOT-AIR BALLOONING

Learn about the history and mechanics of this popular activity dating back to 1783 and spanning a rebirth in the early 1960s to the present. Session one covers history of hot-air ballooning configurations; military applications in the U.S. Civil War; and much more. Demonstration equipment is shown during the second class, along with a demonstration video. Please note that this is not a pilot certification class. Also, participants can choose if they wish to learn about "chase teams" (assisting with flights) from the instructor, who owns Aer Blarney Balloons, 92 Town Line Road, Bethlehem, CT, in order to earn credits for a free hot-air balloon ride AFTER the two classroom sessions.

M. Murphy		
May 26	Tuesday	
6:00-7:30pm	2 sessions	\$30

RESISTANCE BAND EXERCISE FOR BEGINNERS

This course will show participants the benefits of chair exercises for all ages and activity types. You will get a routine with simple exercises to ease into harder exercise with more resistance for a well-balanced program sitting or standing. Participants should wear loose fitting clothing. Bands will be provided for in class use.

W. Fahy		
Apr 7	Tuesday	
6:00-7:30pm	3 sessions	\$45

FINANCE

401K ROLLOVERS

The participants will learn the best time for 401K Rollovers and how to not pay penalties. The instructor will discuss alternatives and the rules and regulations involved with 401K plans.

J. Dorso		
May 14	Thursday	
6:30-8:30pm	1 session	\$20

EDADVANCE LITCHFIELD

BUILDING WEALTH THROUGH REAL ESTATE

Identify what type of investor you want to become. This class will cover common types of real estate investing, buy and hold vs flipping strategies, pros and cons of each and identify pitfalls. Topics of discussion include investor financing and building a real estate portfolio. D. Stewart

Feb 19	Wednesday	
6:00-7:30pm	1 session	\$20

CT STATE TEACHERS RETIREMENT

Learn more about preparing for retirement with your CT State Teacher's Retirement. We will explain when you are eligible for your retirement benefits and explain the terms. The course also covers your retirement benefit payout options and annuity options as well as your beneficiary options.

M. Church		
May 4	Monday	
6:30-8:30pm	1 session	\$20

CREATING INCOME FOR YOUR RETIREMENT

This client workshop is focused on retirement income strategies. It simplifies three common withdrawal strategies so clients have a better understanding of the importance of creating a retirement income strategy, the pros and cons of the different strategies and what might work for them.

M. Church		
March 9	Monday	
6:30-8:30pm	1 session	\$20

DUMMIES GUIDE TO MEDICARE

Are you confused about recent changes and updates of Medicare? Does individual healthcare have you feeling overwhelmed? Let us educate and help you better understand the ever-changing world of Medicare and healthcare.

J. Dorso		
Apr 14	Tuesday	
6:30-8:30pm	1 session	\$20

HELLO RETIREMENT

Retirement income only appears to the untutored eye to be about money. What it's about are two things: securing dignity and independence in your retirement. We will discuss what you will need to plan for in retirement and what you need to understand about social security and other investments you have. The concern we must face in an environment of rising costs is will you have enough money and what will you need to prepare for your retirement.

M. Church		
Apr 1	Wednesday	
6:30-8:30pm	2 sessions	\$40

HOW MONEY WORKS

Create a budget, save money more efficiently and learn how to tackle debt. Are you ready? By applying the principles of this class, you can achieve financial security and ultimately reach your goals!

G. Callahan		
March 26	Thursday	
6:30-8:30pm	1 session	\$20

PURCHASE A HOME & UNDERSTAND THE PROCESS (NEW)

We will bring you through the steps beginning with qualifying for a mortgage all the way to the closing table and discuss the many financing options available with a licensed mortgage representative. These options include USDA, VA, CHFA, FHA, DAP, 203K, rehab, conventional and more. We will also discuss the complexities of selling your current home and buying another.

D. Stewart		
March 23	Monday	
6:00-7:30pm	1 session	\$20

SELL YOUR HOME & UNDERSTAND THE PROCESS

Discussion on the complexities of selling your current home and buying another. Topics may include probate, divorce, moving to a larger home and downsizing. Instructor will bring you through the steps all the way to the closing table.

D. Stewart		
Apr 15	Wednesday	
6:00-7:30pm	1 session	\$20

SOCIAL SECURITY MAXIMIZATION

The participants will learn the best time to apply to maximize their benefit. Topics to be covered will include the laws and policies relating to retirement and social security.

J. Dorso		
March 31	Tuesday	
6:30-8:30pm	1 session	\$20

WOMEN AND FINANCES

Learn some strategies for managing cash flow and debt, saving and investing for the future and protecting what matters most.

M. Church		
Feb 26	Wednesday	
6:30-8:30pm	1 session	\$20

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EXCURSIONS

LIMITED SEATING

Please NOTE: We are not responsible for changes made to the itinerary by Friendship Tours. Most trips require walking. **no refunds if we cannot sell your seat**

TRIPS & TOURS

BOSTON FLOWER AND GARDEN SHOW

Come and enjoy the first breath of spring! The show will return to Boston under the direction of the Massachusetts Horticultural Society and will be held at Boston's Seaport World Trade Center. You'll find hundreds of new products, cutting edge designs by professional florists and the region's top amateur floral arrangers and horticulturalists assembled in a vibrant display. The Flower Show has always been a kickoff to the spring season. The center will be transformed into a wonderland of flora, with stunning exhibits, stimulating scents, soothing sounds and tantalizing texture. Following the show, we'll spend time at Boston's famous Quincy Market & Faneuil Hall.

March 14	Saturday	\$85
Departure:	6:30am	EDADVANCE
Estimated Return:	7:30pm	EDADVANCE

WEST POINT DRESS PARADE

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds. The Cadets march in full uniform, in cadence with military music, presenting arms in unison. Lunch at the Hotel Thayer for a Bountiful Buffet. Enjoy a wonderful assortment of salads, hot & cold entrees and delicious desserts. Guided tour of West Point highlights: Cadet Chapel, Trophy Point, Hudson River lookout. *Please note due to security on government grounds, you will need to give us the DOB for each person on this trip and indicate if you will be bringing a driver's license or passport for ID.

Apr 25	Saturday	\$113
Departure:	7:00am	EDADVANCE
Estimated Return:	6:30pm	EDADVANCE

Would You Like to Teach a Class?
1.800.300.4781

PLYMOUTH 400 – AN AMERICAN STORY –
A NATIONAL LEGACY

America is poised for an anniversary of national significance, the 400th anniversary of the Mayflower Voyage and the founding of Plymouth Colony! The newly restored Mayflower II is returning to Plymouth Harbor in 2020. Visit the Mayflower II, the re-creation of the ship that brought the colonists to new Plymouth. Stop at "The Rock" where the Pilgrims landed and take in this famous waterfront. Enjoy a traditional Thanksgiving Buffet at Plimoth Plantation. All your favorites: Roast Native Turkey with Cornbread Stuffing, Giblet Gravy, Potatoes, Cape Cod Cranberry Sauce, Fruit Cobbler for dessert, and more. Afternoon visit America's premier Living History Museum – Plimoth Plantation. Experience a recreation of the daily lives of these early colonists & native Wampanoag. It is living, breathing history 400 years in the making.

May 30	Saturday	\$126
Departure:	7:00am	EDADVANCE
Estimated Return:	8:00pm	EDADVANCE

THIMBLE ISLANDS CRUISE

We will start our day at the Clinton Crossing Premium Outlets for discount shopping. Delicious lunch at the Chowder Pot III in Branford, CT. Known for their generous portions of fresh food, the Chowder Pot's menu features choice of: Baked Stuffed Sole, Baked Salmon, or Chicken Piccata. New York Style Cheesecake for dessert. Entrée Choice in Advanced. The Thimble Islands Cruise aboard the Sea Mist takes us along the Rocky Isles off Stony Creek Coast in Branford, CT. See the wonderful estates and learn the stories of these beautiful islands. *Please Note – approx. 2 blocks walk to boat from bus on a paved hill.

June 27	Saturday	\$108
Departure:	8:45am	EDADVANCE
Estimated Return:	6:00pm	EDADVANCE

CREDIT DIPLOMA PROGRAM

A minimum of 50 instructional hours per credit and 22 credits in six areas are required to receive an adult high school diploma.

- Courses are given in English, Math, Social Studies and electives.
- Courses are taught at a variety of locations and times.
- Courses online are available
- Additional credit is given for work experience and certificates, military service, and volunteer work
- Students must be 17 years old and show official withdrawal form. Call 1.800.300.4781

WOODBURY MIDDLE SCHOOL

COMPUTERS

iPAD NEWEST FEATURES

We will explore recent improvements to: Split Screen, Slide Over, Scroll Bar, & Privacy. Control Center customizations, App Switcher modifications & Floating Keyboard will also be covered. Don't miss out on these exciting new updates. Prerequisite: an introductory iPad class. Requirement: an iPad with iOS 13 installed.

J. Krampitz

May 27	Wednesday	
6:00-8:30pm	2 sessions	\$49

ARTS & CRAFTS

MAKING TERRARIUMS

A terrarium is a glass vase or bulb which holds a low light plant, soil, and miniature furniture. They are similar to fairy gardens. These can be used for decoration. There is a \$20 material fee (cash only) payable to the instructor on the night of class.

J. Peters

March 30	Monday	
6:30-8:30pm	1 session	\$20

MOSAICS WORKSHOP

Participants will learn how to cut glass using mosaic tools and grout the finished project. In addition they will learn about types and styles of mosaic techniques and will bring their own finished product home. There is a \$5 material fee (cash only) payable to the instructor on the first night of class.

S. Segovia

Feb 24	Monday	
6:00-8:00pm	2 sessions	\$40

SILK SCREENING

Imagine making your own decorated shirts with designs and artwork that you have created. This is an easy way to do a beautiful hand-made print. You will learn to screen print on fabric or paper. Instructor will contact participant prior to the first class.

S. Snow

March 9	Monday	
6:30-8:30pm	4 sessions	\$79

STAINED GLASS WORKSHOP FOR BEGINNERS

Students will learn the basic techniques of stained glass: cutting, grinding, foiling and soldering. Students will create a sun catcher of their choice to take home. There will be a \$10 material fee (cash only) payable to instructor.

S. Segovia

Apr 27	Monday	
6:00-8:00pm	2 sessions	\$40

APRIL WATERCOLORS! SPRING BLUE, PINK, YELLOW

This beginner class teaches watercolor techniques to paint flowers. The course includes color mixing, brush strokes and shading. Students will complete a finished floral painting. Supplies to bring: Mixed media or watercolor paper, assortment of brushes, watercolors, and paper towels. There is a material fee of \$2 payable (cash only) to the instructor on the night of class.

S. Kwashnak

Apr 20	Monday	
6:30-8:30pm	2 sessions	\$40

HOME IMPROVEMENT

CHAIR CANING

Whether it's a family heirloom or a tag sale special, we can replace your chair with a cane, rush, or splint weave seat. Make it a special piece of furniture again! Bring your own chair to class. A supply list will be given at the first class.

V. Dorso Jr.

Feb 26	Wednesday	
6:30-8:30pm	6 sessions	\$119

FURNITURE FINISHING-BRING WOOD TO LIFE

Learn to restore that special piece or tag sale find. Learn to sand, strip, stain, repair, and finish. If it's wood, we can fix it and return it to its original condition and value. You can bring a small piece of furniture to class. A supply list will be given to students at the first class.

Apr 20	Monday	
6:30-8:30pm	6 sessions	\$119

*no class 5/25

PERSONAL DEVELOPMENT

ENNEAGRAM: SELF DISCOVERY AND SELF AWARENESS (NEW)

The Enneagram is an ancient personality typing system. Working with the Enneagram helps you develop self-knowledge to understand who you are and why you see and relate to the world the way you do. Of the 9 types, none is better or worse than another, each has its own strengths and weaknesses and non gender biased. Find out how you can release the grip we've kept on old, self-defeating ways of living so you can open yourself to freedom and becoming your best.

Feb 19	Wednesday	
6:30-8:30pm	1 session	\$20

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WOODBURY MIDDLE SCHOOL

ESSENTIALS FOR CRAFTING MARKETABLE FICTION (NEW)

Learn how to craft fiction that sells! Avoid the pitfalls that keep your story from selling! Develop the skills to structure a story, develop believable characters, create a satisfying ending, and writing a cover letter that attracts attention from agents. F. Longo

Feb 12	Wednesday	
6:30-8:30pm	6 sessions	\$119

ESSENTIAL OILS

Learn the history of essential oils and how to use them. Discussion may include benefits from certified pure therapeutic grade oils and do-it-yourself projects using oils. These oils help with health, emotions, and cleansing. You will also make a blend of your choice to bring home. There is an optional \$20 textbook available in the class payable by cash to the instructor. L. Olsen

March 11	Wednesday	
6:30-8:30pm	1 session	\$20

GETTING PAID TO TALK: INTRODUCTION TO PROFESSIONAL VOICEOVERS

Have you ever been told you have a great voice? Come and explore professional voice-acting for television, radio, audio books, and more! Learn the basics including how to be successful and earn a great income in this exciting field. You'll even record a commercial under the direction of our producer! This class is informative, lots of fun, and a great first step for anyone interested.

Voice Coaches

Apr 1	Wednesday	
6:00-8:30pm	1 session	\$25

HAIRSTYLING – TRICKS OF THE TRADE

Love getting your hair styled, but sad when it doesn't last or can't mimic what your stylist has done? Learn the tricks of the trade to give yourself salon styled hair at home.

J. Policastro

March 30	Monday	
6:00-8:00pm	1 session	\$20

LEARN HANDS ONLY CPR

Hands-Only CPR has been shown to be as effective as conventional CPR for sudden cardiac arrest at home, at work, or in public. Learn how to help save someone's life in an emergency situation when every minute will count for survival. Must be able to get up and down off the floor.

K. Voros

Apr 6	Monday	
6:30-8:30pm	1 session	\$20

NAKED MAKE UP LESSON

Learn how to navigate through today's make up trends to help achieve a more youthful appearance with a "less is more" approach. Gain basic knowledge of how to use and apply foundation, concealer, eyes, cheeks, and lips. Also learn the use of high lighters and contouring.

J. Policastro

Feb 24	Monday	
6:00-7:00pm	1 session	\$20

SPRING EQUINOX/ SUMMER SOLSTICE

Celebrate the seasons for upcoming Spring and Summer. Create your own seasonal celebrations incorporating centuries of customs, beliefs, and symbolism with the present. Multiple examples will be explored including angels, animals, flowers, and other seasonal symbols. Discover the beauty of these seasons and how to lift your spirits rather than dread any of them.

M. Goerg

Apr 22	Wednesday	
6:30-8:30pm	1 session	\$20

STEPPING INTO YOUR GREATNESS (NEW)

Enjoy a mini workshop on achieving success, happiness, health and wellbeing by simply changing your thoughts. Learn how to break bad habits and diminish negative behaviors and beliefs. Begin the journey into aligning with your authentic selves. L. Monaco

March 23	Monday	
6:00-8:00pm	1 session	\$20

TOUCH WORKSHOP

Learn the science behind touch and understand how important touch is to mental health and well-being. Learn techniques and practice exercises to create and cultivate compassion for yourself and others.

L. Monaco

Feb 3	Monday	
6:00-8:00pm	1 session	\$20

VISION BOARD: CREATE AND MANIFEST YOUR BEST LIFE (NEW)

What is stopping you? Live the life you dream. Are you having a difficult time even DREAMING and visualizing what you want. A vision board allows you to identify your true goals, personalize what is best for you, and manifest a life beyond your dreams. You owe it to yourself to create a VISION BOARD. K. Kiedel

Feb 3	Monday	
5:30-8:30pm	1 session	\$30

REGISTRATION DEADLINE

Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment. Register at www.edadvance.org/registration Adult Education Enrichment.



WOODBURY MIDDLE SCHOOL

RECREATION & LEISURE

CRIBBAGE

Learn how to play this fun, friendly, social card game. With hands-on experience, you will learn how to play the game, strategies, how to add up points and keep score using a cribbage board.

T. Rubbo

Apr 1	Wednesday	
6:30-8:30pm	2 sessions	\$40

QIGONG (NEW)

This is an ancient form of Chinese exercise that helps one to clear stress and increase energy with gentle movement, breathing, and meditation that benefits the body, mind and spirit. Wear comfortable clothes.

R. Garbien

March 9	Monday	
7:00-8:30pm	3 sessions	\$45

MUSIC & DANCE

BASIC SOCIAL BALLROOM DANCING

Learn dance fundamentals plus the basic steps and more of the most popular Ballroom Dances! Our goal is to have a fun time in our zero-stress environment - even you "never, ever" dancers will enjoy yourself right away! Instruction and song sheets will help you remember what you learn. For singles and couples, NO partner or previous dance experience is necessary.

J. Zaccaria

March 18	Wednesday	
6:30-8:30pm	2 sessions	\$40/person

BEGINNER SWING AND SALSA DANCING

In only 2 nights, enjoy learning two of the happiest ballroom dances – SWING & SALSA !! Just four steps over six beats (Swing) and 6 steps over 8 beats (Salsa) will get even “never-ever” dancers moving to some of the greatest up-tempo Big Band, classic Rock & Roll, Blues, Pop and Latin music of all times. We’ll eliminate the mystery and create the FUN in dancing. For singles or couples, NO partner or previous dance experience is necessary. Dance notes and Song lists included.

J. Zaccaria

May 20	Wednesday	
6:30-8:30pm	2 sessions	\$40/person

CELTIC WIND

Introduction to Irish history and music through penny whistle and/or flute. Learn how to hold and play tunes including Clan marches, jigs, regional tunes, slow airs, hornpipes and others. It is recommended to bring a penny whistle or flute to class.

W. Devlin

Apr 1	Wednesday	
6:00-7:00pm	4 sessions	\$40

*no class 4/15

FINANCE

AFFORDABLE HEALTH CARE 101

Are you confused about our Healthcare system? Do you understand the penalties? What is "Obama care" and how does it affect me? Do you know how to qualify for a tax credit? When is the enrollment period for healthcare? Our class will help you make sense of a very confusing subject in the State of CT.

J. Dorso

Apr 22	Wednesday	
6:30-8:30pm	1 session	\$20

LONG-TERM CARE STRATEGIES

Are you concerned with paying for long term care? Are you concerned about paying for home care? Do you have money set aside to pay for those services? Do you know anyone who has lost their nest egg due to being confined to a nursing home? There are ways to protect your assets and better understand how Medicare does and doesn't help. If you don't have any long-term protection in your retirement plan, this class will help you. It's never too late to learn more about this subject.

J. Dorso

May 20	Wednesday	
6:30-8:30pm	1 session	\$20



**NATIONAL
EXTERNAL
DIPLOMA
PROGRAM**

Earn your High School Diploma!

Have you been out of school for a while? Have you gained special skills through employment, training, or homemaking? If you are a mature adult who would like to earn an Adult High School Diploma by working independently,

The National External Diploma Program may be the right program for you! Registration is required. Call today 1.800.300.4781.

**Would You Like to Teach a
Class? 1.800.300.4781**

POMPERAUG HIGH SCHOOL SOUTHBURY

COMPUTERS

HOW TO USE YOUR MAC AND ORGANIZE YOUR FILES

Most people use their computers for email and the Web but do not venture further to organize their files. This course will concentrate on your Mac's "Finder" to locate and organize your files. M. Jay

March 25 Wednesday
6:00-8:30pm 2 sessions \$50

Please bring
a flash drive
to save your
work.

WHAT THE HECK IS iCloud?

If you have an Apple device, you may be mystified by iCloud as well as its relationship to your Apple ID. Professional tech tutor, Michael Jay, will lead an interactive workshop on this powerful feature which enables some of the most valuable aspects of the Apple system. M. Jay

Apr 29 Wednesday
6:00-8:30pm 2 sessions \$50

ARTS & CRAFTS

CHARCOAL DRAWING WITH SHAWNALEE

Participants will gain an understanding of charcoals, the different kinds of charcoal, their techniques and artist uses. All levels are welcome. Instructor will contact participants with a supply list prior to the first class. There is a \$10 material fee payable to the instructor on the night of class. S. Kwashnak

Feb 4 Tuesday
6:30-8:30pm 4 sessions \$79

*no class 2/18

CROCHET USING PLASTIC BAGS

Learn to make rugs, table mats, beach bags and more by crocheting plastic strips cut from grocery bags. Basic crochet skills are required. Supplies needed: 20-30 plastic grocery bags, scissors, crochet hook size Q, J, or K, pen & paper, ruler, and a positive attitude to learn. C. Hoefer

May 5 Tuesday
6:30-8:30pm 4 sessions \$79

SPRING INTO ART

Whether a new or seasoned artist, this class will provide participants with a working appreciation of artistic skills while working spring inspired subject matter. Class lessons will include warm-ups, brief demonstrations, and lots of fun! There is a \$10 material fee payable to the instructor on the night of class. S. Kwashnak

Apr 29 Wednesday
6:30-8:30pm 4 sessions \$79

FREE ADULT ED CLASSES: see page 3-9

- ABE, GED, CDP, NEDP
- ESL, CITIZENSHIP, LINKING LITERACY
- IET CAREER CHOICES

FLORAL DESIGN – BRINGING THE OUTSIDE IN

Students will learn the basics skills and techniques of floral design and will design a holiday arrangement of their own to take home. Students will be designing with products from outdoors along with fresh cut flowers. Perk up your house for the holidays with your own floral display that will showcase any space. There is a material fee of \$30 payable to the instructor. J. Ramsey

May 11 Monday
6:30-8:00pm 1 session \$30

HAPPY PAINTERS

The instructor will demonstrate basic painting techniques and give quick tips on composition and shadowing. Students will start their own painting. The instructor will call students with a supply list prior to the first class. L. Skelskey-Chapin

March 24 Tuesday
6:00-8:30pm 2 sessions \$50

ORIGAMI BUTTERFLIES (NEW)

Origami master, Michael LaFosse, calls his folding designs "poems for the fingers". In this advanced course, using LaFosse's designs, you will learn how various bases can be used to create endless variations of colorful butterflies. You will learn how the bases can be mixed and matched and how to create your own butterfly designs. These models are created using a series of squash folds, and we will fold several models. Pre-requisite: Origami for the Beginner class or previous folding experience. There is a \$15 material fee payable to the instructor at the first class.

D. Silver
March 9 Monday
6:00-8:00pm 2 sessions \$40

ORIGAMI FOR THE BEGINNER

Origami is the ancient traditional Japanese art of folding paper. Origami naturally invites one to mindfulness. Getting lost in folding a model is an enjoyable pursuit. You will learn how to fold a greeting card and the traditional Japanese crane. The basics of how to fold and how to read diagrams will be covered. This is a comprehensive class which includes paper selection, recommended books, and online resources. No previous experience is necessary. There is a \$8 material fee payable to the instructor at the first class. D. Silver

Feb 10 Monday
6:00-8:00pm 1 session \$20

PEN AND INK WITH WATERCOLOR DRAWING

From illustrated manuscripts to printed media, pen and ink with watercolor drawings have held a place of honor throughout the years. In this class, participants will learn valuable skills of creating a drawing using pen, ink, and watercolor. All levels are welcome. Instructor will contact students with a supply list prior to the first class. There is a \$4 material fee (cash only) payable to the instructor at the first class. S. Kwashnak

March 11 Wednesday
6:30-8:30pm 4 sessions \$79

POMPERAUG HIGH SCHOOL SOUTHBURY

SCRAPBOOKING

Learn to preserve your photos, create a two-page scrapbook layout, and try new techniques in scrapbooking. Appropriate for beginners as well as advanced scrapbookers. There is a material fee of \$30 payable (cash only) to the instructor on the night of class.

M. Lefevre

Feb 4	Tuesday	
6:30-8:30pm	1 session	\$20

WIRE WRAPPING 101 – SEAGLASS AND STONES (NEW)

Learn how to make your beach glass and cool finds into wearable jewelry. This is a basic class, and you will leave with 2 finished pendants. There is a \$20 material fee (cash only) to the instructor on the night of class.

L. Zlotowski

Apr 28	Tuesday	
6:30-8:30pm	1 session	\$20

YES, YOU CAN PAINT WITH ACRYLICS AND OILS

Learn successful painting techniques, composition, color theory and the effects of light. Bring in a work in progress or start your very first painting! All levels are welcome. The instructor will call students with a supply list prior to the first class. L. Skelskey-Chapin

Apr 21	Tuesday	
6:00-8:30pm	4 sessions	\$99

PERSONAL DEVELOPMENT

AARP SMART DRIVER COURSE

This is a refresher course for drivers 50+. Review the challenges faced by aging drivers and receive guidance on how to continue driving safely. Students must bring a driver's license and AARP card to class. There will be a \$15 fee payable to "AARP" at the first class for AARP members and \$20 for non-members for the materials. Checks should be made out to "AARP". F. Lendroth

Apr 20 & 22	Mon/Wed	
6:00-8:30pm	2 sessions	FREE

AURAS, LAYER BY LAYER

Explore the many layers of the human aura. Physical, astral, and spiritual levels will be defined and explored. Class includes lectures, hands on exercises, and meditation. Discover your innate abilities. M. Goerg

March 17	Tuesday	
6:30-8:30pm	1 session	\$20

BASICS OF INTUITIVE ANIMAL COMMUNICATION

Participants will examine some of the basic elements and techniques. When one becomes more deeply connected with their pet, they can improve and strengthen the bond with them. Better understand your pet's methods of coping with fear, pain, anxiety, and past trauma. K. Tallcouch

March 18	Wednesday	
6:00-7:00pm	1 session	\$20

BOOK APPRAISING

The Colebrook Book Barn will do free appraisals at this class to determine the approximate value of the participants' books. Students will find out what aspects make print more valuable than others do. Bob Seymour is an experienced appraiser. Students must pay to register for this course, but the appraisals are free. There is a 12-book maximum.

B. Seymour, Colebrook Book Barn

Apr 7	Tuesday	
6:00-8:30pm	1 session	\$20

COACHING FOR LIFE

This course is a personal journey of transformation and discovery of yourself and your goals. Participants will explore values, beliefs, and personality qualities. Likewise, participants will discover diversity skills and techniques to build their motivation, confidence, and expertise.

R. Espinosa-Reyes

Feb 5	Wednesday	
6:00-8:00pm	3 sessions	\$59

ESSENTIAL OILS AND PET CARE

An alternative approach to pet's health. Learn how to support our furry friends with natural solutions through use of safe and effective essential oils. Topics also include quality of essential oils and what to look for. Supplies can be purchased directly from the instructor for \$5 in class.

K. Ruopp

March 24	Tuesday	
6:30-8:30pm	1 session	\$20

FOSTER CARE & ADOPTION

This course will introduce participants to the process of becoming a licensed foster/adoptive parent. Focus will be on foster care and adoption of children in the CT child welfare system. Information regarding licensing prerequisites for families and the children needing to be placed in foster/pre-adoptive homes will be shared.

D. Kelleher

March 31	Tuesday	
6:00-8:00pm	1 session	FREE
May 19	Tuesday	
6:00-8:00pm	1 session	FREE

THE GROTESQUE 10: AMAZING ARCHITECTURAL SCULPTURE FROM 10 AMERICAN COLLEGES & UNIVERSITIES

Mathew explains the use of grotesque and gargoyles on academic buildings from a select group of American institutions of higher learning as well as other interesting features of the Collegiate Gothic architectural style.

M. Duman

March 17	Tuesday	
6:00-8:30pm	1 session	\$25

POMPERAUG HIGH SCHOOL SOUTHBURY

HANDWRITING ANALYSIS:

8 BASIC STEPS TO SELF-DISCOVERY

Graphology is the analysis of the physical characteristics and patterns of handwriting indicating the psychological state of the writer at the time of the writing. Upon successful completion of this class, students will understand writing characteristics and be able to apply to the International Graphoanalysis Society to complete the general course for certification. Mr. DeWitt is a certified Graphoanlyst and Author of (2) books on Handwriting Analysis who has spent a lifetime studying the link between human behavior and handwriting. The required basic materials are \$10 payable to the instructor. D. DeWitt

Feb. 26	Wednesday	
6:30-8:30	4 sessions	\$79
*no class 3/11		

HOW TO TALK WITH THE OTHER SIDE

Would you like to work with your angels? Do you know how to communicate with Spirit? Do you get results? Do you know how to recognize a sign? Find out how to engage with the other side and develop your intuition. The instructor and students will share stories and experiences. Cindy Miller is the founder of Trinity Productions and author of "Is That All There is ...The Journey Within". Students can purchase her book for \$30.

C. Miller		
March 23	Monday	
6:30-8:30pm	1 session	\$20

INTRODUCTION TO REIKI (NON-CERTIFICATE)

Learn about the history, foundations, and application of the energy healing process known as Reiki. You will learn how and why Reiki is beneficial to the individual through clearing and balancing the body's energy centers called the chakra system. Explore the various ways Reiki can be used either on its own or in conjunction with conventional medical treatment. Learn how Reiki can serve to promote self-healing and balance for those who receive it, as well as how to administer a Reiki healing session.

K. Tallcouch		
Apr 20	Monday	
6:00-7:00pm	4 sessions	\$40

LANDLORD-TENANT COURSE

This one-night class will clarify the principles of Connecticut landlord-tenant law. Learn the procedures of evictions, common issues/problems between landlords and tenants, and how to properly draft a lease. This course is not designed as a substitute for legal advice but rather an informational course.

B. Cartoceti		
March 10	Tuesday	
6:30-8:30pm	1 session	\$20

Would You Like to Teach a Class? 1.800.300.4781

MEDITATION TECHNIQUES

Join this class to learn the proper meditation techniques. Meditation can assist in reducing chronic stress and help control and normalize cortisol levels, brain function and mood. M. Goerg

Feb 25	Tuesday	
6:30-8:30pm	1 session	\$20

MINDFULNESS FOR STRESS REDUCTION, RELAXATION, AND A BETTER YOU!

This lecture will discuss what is mindfulness, how to incorporate into everyday life, and why it's so vital for today. Learn how to adapt to stressful situations and create peace within. Mindfulness practice demonstrations are also included. L. Monaco

March 3	Tuesday	
6:00-8:00pm	1 session	\$20

NUTRITIONAL AND INTERVENTIONS FOR ADHD, ANXIETY, AND BEYOND

Explore effective integrative and nutritional interventions for a happy, healthy, and focused brain. Learn how the brain has a greater ability to heal than anyone has permitted you to believe by addressing nutritional deficiencies, gut health, toxic burden, genetic mutations and other underlying pathologies. Gain greater understanding on how you can reclaim the health of your children and yourselves through natural interventions and remedies. "Healing Without Hurting" (ISBN #0989452980) is required for this class. Please call 1.800.300.4781 to check if there is enough enrollment. Option to purchase a book for \$20 from the instructor. J. Giustra-Kozeck, LPC

Feb 4	Tuesday	
6:30-8:30pm	4 sessions	\$79
*no class 2/18		

SIMPLIFY LIFE

Explore what's worthy of your time and energy. Discover the benefits of goal setting and time management. Learn ways to eliminate old burdens and ushering in a clean slate to simplify your life. K. Colombo

Apr 7	Tuesday	
7:00-8:30pm	1 session	\$20

TALKING WITH HEAVEN-FOLLOW UP TO TALK WITH THE OTHER SIDE

During this follow-up workshop, participants will share stories, how their connection is working, as well as what and how they are receiving their information. New information comes through with each group that gathers. The instructor will make time for a question and answer period. Cindy M. Miller is an author of "Is that all there is... The Journey Within". *Participants do not have to attend the first session to enroll in this class.

C. Miller		
Apr 20	Monday	
6:30-8:30pm	1 session	\$20

POMPERAUG HIGH SCHOOL SOUTHBURY

RECREATION & LEISURE

BIRDING BASICS

This introduction to bird watching will equip you to identify and enjoy birds by understanding clues offered by form, color, behavior (including song), and habitat. Learn how to identify the dozen most common birds in Connecticut and how to enjoy birding on your own. Recommended (not required) to bring binoculars and bird identification book. Book suggestion: Eastern Birds Field Guide by Sibley (Knopf) or Peterson (Houghton Mifflin). J. Arrigoni

May 26	Tuesday	
6:00-7:30pm	1 session	\$20

LAUGHTER YOGA

Laughter yoga is a practice involving prolonged laughter, along with stretching and rhythmic movement, to decrease stress and create a feeling of overall well-being and joyfulness. Please wear comfortable clothes and sneakers, yoga mat is optional. L. Monaco

Apr 21	Tuesday	
6:30-7:30pm	2 sessions	\$20

PILATES MAT– ALL LEVELS

Pilates works to increase muscular strength, body awareness with a body and mind connection, improve posture and breath control. The Pilates exercises help to bring the body into alignment while simultaneously stretching and strengthening. THESE MAT CLASSES ARE HELD AT SPYNE PILATES STUDIO, 1255 MIDDLEBURY RD, MIDDLEBURY and are for new customers only. S. Pyne

Feb 4	Tuesday	
9:30-10:25am	5 sessions	\$70
Feb 5	Wednesday	
5:45-6:40pm	5 sessions	\$70
March 24	Tuesday	
9:30-10:25am	5 sessions	\$70
March 25	Wednesday	
5:45-6:40pm	5 sessions	\$70
May 5	Tuesday	
9:30-10:25am	5 sessions	\$70
May 6	Wednesday	
5:45-6:40pm	5 sessions	\$70

PILATES MAT – INTERMEDIATE LEVEL

Pilates works to increase muscular strength, body awareness with a body and mind connection, improve posture and breath control. The Pilates exercises help to bring the body into alignment while simultaneously stretching and strengthening. THESE MAT CLASSES ARE HELD AT SPYNE PILATES STUDIO, 1255 MIDDLEBURY RD, MIDDLEBURY, and are for new customers only. S. Pyne

Feb 9	Sunday	
9:30-10:25am	5 sessions	\$70
March 22	Sunday	
9:30-10:25am	5 sessions	\$70
May 3	Sunday	
9:30-10:25am	5 sessions	\$70

TOTAL BARRE – ALL LEVELS

Total Barre sculpts and tones muscles in an energizing way with a ballet barre. The exercises focus on arms, legs and the core to strengthen and lengthen the body. CLASSES ARE HELD AT SPYNE PILATES STUDIO, 1255 MIDDLEBURY RD, MIDDLEBURY, for new customers only. S. Pyne

Feb 4	Tuesday	
7:00-7:55pm	5 sessions	\$70
Feb 6	Thursday	
9:15-10:10am	5 sessions	\$70
March 24	Tuesday	
7:00-7:55pm	5 sessions	\$70
March 19	Thursday	
9:00-9:55am	5 sessions	\$70
Apr 30	Thursday	
9:00-9:55am	5 sessions	\$70
May 5	Tuesday	
7:00-7:55pm	5 sessions	\$70

LANGUAGE

ABC ITALIAN

You will be introduced to basic vocabulary and sentence structure in the present tense suitable for a wide variety of tourist situations. Learn useful Italian words and common phrases for travel, questions, exchanging pleasantries, dining out, and asking for directions. If you can say the right simple phrases at the right time, you will discover how useful and funny your travel experience can become. V. Isaku

March 11	Wednesday	
6:00-8:00pm	4 sessions	\$79

GET TALKING CHINESE 101 (NEW)

Learn beginning conversational Mandarin Chinese, basic vocabulary, pin yin, and present grammar along with the Chinese culture. "Get Talking Chinese: Mandarin Chinese for Beginners", (ISBN #0756629020) is recommended for this class. Please call 1.800.300.4781 to check if there is enough enrollment. C. Huang

March 17	Tuesday	
6:30-8:30pm	4 sessions	\$79

POLISH LANGUAGE FOR BEGINNERS

Learn basic Polish conversational skills from an experienced teacher. Students will gain knowledge of Polish culture as well as respect for the language. A. Matyszczyk

Feb 5	Wednesday	
6:00-8:30pm	4 sessions	\$99

SPANISH IS FUN!

Learn beginning conversational Spanish, basic vocabulary, and present grammar along with the Spanish culture. "Learn Spanish the Fast and Fun Way, Fourth Edition Book and CD -2015", (ISBN #1438074972) is recommended for this class. Please call 1.800.300.4781 to check if there is enough enrollment. R. Espinosa-Reyes

Feb 24	Monday	
6:00-8:00pm	4 sessions	\$79

POMPERAUG HIGH SCHOOL SOUTHBURY

SPANISH IS FUN II

Emphasis is on meaningful use of the language. Participants will expand knowledge of basic vocabulary, present grammar and the Spanish culture. Same book as Spanish is Fun! (ISBN #1438074972) is recommended for this class. Please call 1.800.300.4781 to check if there is enough enrollment. R. Espinosa-Reyes

March 30	Monday	
6:00-8:00pm	4 sessions	\$79
*no class 4/13		

FINANCE

401K ROLLOVERS

The participants will learn the best time for 401K Rollovers and how to not pay penalties. The instructor will discuss alternatives and the rules and regulations involved with 401K plans.

J. Dorso		
Feb 4	Tuesday	
6:30-8:30pm	1 session	\$20

DO I GIVE MY HOME TO MY CHILDREN TO SAVE MY ASSETS?

Will "gifting" my home protect my assets? How can you get the state to pay for your nursing home care? Get proven asset-protection planning techniques. Discover techniques to avoid liability to the nursing home for your loved ones. Actual cases will be used.

M. Broderick, Esq.		
Feb 11	Tuesday	
6:30-8:30pm	1 session	\$20

GOVERNMENT BENEFITS FOR YOUR LOVED ONE WITH SPECIAL NEEDS

This workshop will provide a greater understanding of the various government benefits available to your loved one. It will discuss in detail how to qualify, maximize, and preserve benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicaid, Medicare, and the ABLE Act.

S. Hawkins		
Feb 10	Monday	
6:30-8:00pm	1 session	\$20

INDIVIDUAL HEALTHCARE OPTIONS

Learn about all the options in Connecticut for healthcare for those under age 65, learn all the ins and outs of healthcare in the State of Connecticut. Better understand Access Health and how tax credits work, individual healthcare, Healthshare options and much more.

J. Dorso		
March 2	Monday	
6:30-8:30pm	1 session	\$20

LIVING TRUSTS-SHOULD I HAVE ONE?

What exactly is a Living Trust? Will a living trust avoid probate court? Will a living trust reduce estate taxes? What is the difference between a Living Trust and a Last Will and Testament? Get the answers to these questions and more from an attorney. Eliminate the confusion in a relaxed atmosphere.

M. Broderick, Esq.		
Apr 21	Tuesday	
6:30-8:30pm	1 session	\$20

MAKING MEDICARE SIMPLE

Throughout the year, there are specific Medicare enrollment periods. Choosing when to enroll and which Plan to choose, will maximize your benefits. Join this educational class to get all of the facts.

M. Figlar		
Feb 24	Monday	
6:00-8:00pm	1 session	\$20

RETIREMENT TODAY

Course addresses retirement planning process and covers impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues.

P. Marciano		
March 31	Tuesday	
5:30-8:30pm	2 sessions	\$30

SOCIAL SECURITY MAXIMIZATION

The participants will learn the best time to apply to maximize their benefit. Topics to be covered will include the laws and policies relating to retirement and social security.

J. Dorso		
Apr 6	Monday	
6:30-8:30pm	1 session	\$20

YOU REALLY NEED TO HAVE AN ESTATE PLAN

Did you know that if you don't create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more... this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away knowing what these documents are for, and what you need to do to create them. You'll also learn about the probate process and how it works. Even if you already have an estate plan. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

L. Arnold, Esq.		
March 4	Wednesday	
6:00-7:30pm	1 session	\$20

REGISTRATION DEADLINE - PLEASE REGISTER EARLY (at least 2 weeks ahead of class start date)
Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment.

WATERTOWN HIGH SCHOOL

ARTS & CRAFTS

BODY SCRUBS WITH ESSENTIAL OILS (NEW)

Learn how to create homemade body scrubs for gifts and personal use. In this workshop you will make 2 lovely scrubs. There will be a \$15 material fee (cash only) payable to instructor at the beginning of class. L. Zlotowski

March 18	Wednesday	
6:30-8:30pm	1 session	\$20

CAKE DÉCOR FLOWER FUN WITH FONDANT

Use fondant to create roses and other flowers for cake, cupcake and cookie decoration. Students only need to bring two small packages of Fondant (one any color for flowers, one green for leaves). Fondant, about \$5 per package, is found at Walmart, Amazon or Michael's Craft store. Instructor will share tools for class work. Participants will learn different methods to create flowers.

R. Mazzola		
May 11	Monday	
6:30-8:30pm	1 session	\$20

CELLPHONE PHOTOGRAPHY (NEW)

Get more out of your cellphone camera by taking control and stopping your use of automatic settings. Learn how to create great compositions of any subject. Topics you will learn are use and understand your camera in manual mode, compose and create photographs for online use and in print, and understand how to get the best out of your cellphone camera. T. Padgett

Apr 7	Tuesday	
6:00-8:30pm	6 sessions	\$150

*no class 4/14

FLORAL WREATHS

Create a beautiful wreath made of artificial flowers of your color choice. Great for the spring! The instructor will contact students with a supply list prior to the first class.

J. Peters		
May 13	Wednesday	
6:30-8:30pm	1 session	\$20

GUIDED PAINT NIGHT (NEW)

Create a beautiful art piece, Starry Night, by following step by step painting directions! There is a \$5 material fee (cash only) to the instructor on the night of class.

J. Peters		
Feb 3	Monday	
6:30-8:30pm	1 session	\$20

METAL STAMPED JEWELRY 101 (NEW)

Learn how to stamp a short phrase into an allergy free bracelet cuff, plus 2 pendants. This can be great for pet tags also. There is a \$25 material fee (cash only) to the instructor on the night of class.

L. Zlotowski		
Apr 29	Wednesday	
6:00-8:00pm	1 session	\$20

MORAVIAN STAR

In this beginner class we learn the basic techniques of cutting, grinding, foiling, and assembling this beautiful 3D stained glass hanging star. There is a \$10 material fee (cash only) payable to the instructor at the first class.

S. Segovia		
Feb 26	Wednesday	
6:00-8:00pm	2 sessions	\$40

MOSAICS WORKSHOP

Participants will learn how to cut glass using mosaic tools and grout the finished project. In addition we will learn about types and styles of mosaic techniques and will bring your own finished product home. There is a \$5 material fee (cash only) payable to the instructor on the first night of class.

S. Segovia		
Feb 12	Wednesday	
6:00-8:00pm	2 sessions	\$40

SEA GLASS ART

Create a beautiful beach scene using sea glass and mod podge. By using mod podge and different mediums, such as shells, pebbles and sea glass, you can create a beach themed piece of art! The instructor will contact students with a supply list prior to the first class (approx. \$60).

J. Peters		
May 18	Monday	
6:30-8:30pm	1 session	\$20

SOY CANDLE MAKING 101

Learn to create two soy candles that burn 25 plus hours each. Over 60 scents to choose from! Participants will take part in pouring their own clean burning candles for scent and lighting. There is a \$22 material fee (cash only) to the instructor on the night of class.

L. Zlotowski		
Apr 22	Wednesday	
6:00-8:00pm	1 session	\$20

STAINED GLASS JEWELRY

Participants will design and create their own wearable art to take home while learning the basic techniques of cutting, foiling, and soldering stained glass to create a pair of earrings and a matching pendant. There is a material fee (cash only) of \$12 payable to the instructor at the first class. Please arrive on time.

S. Segovia		
May 6	Wednesday	
6:00-8:30pm	1 session	\$25

WOODBURNING FOR BEGINNERS

Participants will learn the basic techniques of woodburning, selection of subject, wood, surface prep, transfer of an image and use of woodburning tool. Instructor will contact students with supply list prior to the first class.

C. O'Donnell		
May 18	Monday	
6:00-8:00pm	2 sessions	\$40

WATERTOWN HIGH SCHOOL

HOME IMPROVEMENT

ADAPTIVE GARDENING

Don't give up on the garden you love. If injury or arthritis has hindered you, learn about ways to modify your garden and the tools and gadgets you can use. Discussions include raised flower and vegetable beds, flowerpot and hanging gardens, even gardening with a friend or relative to share duties. Let's make gardening fun again! W. Fahy

Apr 6	Monday	
6:00-8:00pm	1 session	\$20

PERSONAL DEVELOPMENT

AARP SMART DRIVER COURSE

In this refresher course for drivers 50+, participants review of the challenges faced by aging drivers and receive guidance on how to continue driving safely. Students must bring a driver's license and their AARP card to class. There will be a fee payable to "AARP" at the class, \$15 fee for members and \$20 for non-members. Please arrive early and there will a short break. L. Prushinski

May 12	Tuesday	
5:00-9:00pm	1 session	FREE

BASICS OF INTUITIVE ANIMAL COMMUNICATION

Participants will examine some of the basic elements and techniques. When one becomes more deeply connected with their pet, they can improve and strengthen the bond with them. Better understand your pet's methods of coping with fear, pain, anxiety, and past trauma. K. Tallcouch

Apr 8	Wednesday	
6:00-7:00pm	1 session	\$20

ESSENTIAL OILS AND PET CARE

An alternative approach to pet health. How to support our furry friends with natural solutions through use of safe and effective essential oils. Discussion on quality of essential oils and what to look for. Supplies can be purchased directly from the instructor for \$5 in class. K. Ruopp

Apr 6	Monday	
6:00-8:00pm	1 session	\$20

INTRO TO ENERGY HEALING

Participants will learn how to encourage their body to balance its own energy system. This is a practice in relaxation and stress reduction. Learn to center yourself, feel the universal energy and scan your body for energy blockage. This class is a good precursor for Reiki. C. Byram

March 4	Wednesday	
6:00-8:00pm	1 session	\$20

LIFE WITH A DOG

Dogs can be amazing companions unfortunately many people, due to lack of information, pick a mismatch for their lifestyle! Learn how to select a dog that is right for you. Topics of discussion include breeds, nutrition, vet visits, therapy vs. service dogs, and teaching good manners. O. Rickard

May 13	Wednesday	
6:30-8:00pm	3 sessions	\$45

MANAGING THE MAZE (NEW)

Self help is all the craze these days. Join this discussion group and learn how to handle those unforeseen and unplanned changes life brings us. Learn to look at some of life's little surprises in a very different light. We will be using the strategies brought forth by the authors: Spencer Johnson and Trina Paulus to amuse us with humor and sound advice.

W. Fahy		
Feb 25	Tuesday	
6:00-8:00pm	1 session	\$20

REIKI I CERTIFICATION

This course is the beginning level of Reiki training. You will learn to share Reiki with your family, friends and pets or even expand to the community as a volunteer. The training consists of discussion, the Reiki Level I attunement, hands-on practice and includes various course handouts and materials. Instructor will hand out certificates at completion of this course.

C. Byram		
May 20	Wednesday	
6:00-8:30pm	2 sessions	\$50

SHAMANISM: A BIT OF ANCIENT WISDOM AND HEALING FOR EVERYDAY LIVES

Shamanism is an ancient belief system that is rooted in virtually every culture and is often considered the foundation of faith-based practices throughout the world. "Living in harmony and balance with nature" is the core essence of shamanism. This class will explain how to use these tools which can help us navigate through our daily lives.

K. Tallcouch		
Apr 22	Wednesday	
6:00-7:00pm	1 session	\$20

YOU CAN HAVE IT ALL! UNDERSTANDING THE LAWS OF THE UNIVERSE (NEW)

The laws of the universe are working all the time with or without our knowledge. They react to us, so if we understand them, we can enhance our lives. Law of Attraction is the most known, but when we work with them together, they are powerful supports on our paths to more joyous lives.

E. Koverman		
Apr 21	Tuesday	
6:00-8:00pm	1 session	\$20

THE WONDER OF FEATHERS (NEW)

Feathers create the power of flight and process the wisdom of the skies as well as the wisdom of the bird that they come from. For thousands of years, bird feathers of all kinds have been considered sacred objects by many people and cultures. Feathers often cross our paths, and this class will explore some of the meanings and uses for these fascinating and beautiful objects.

K. Tallcouch		
May 6	Wednesday	
6:00-7:00pm	1 session	\$20

WATERTOWN HIGH SCHOOL

RECREATION & LEISURE

101 TRAVEL TIPS AND TRICKS (NEW)

A successful trip starts long before your departure. I'll share 101 of my very best travel tips & tricks – from personal experiences, travel experts, & online research to help make your next travel adventure go smoother.

C. Normandeau

Feb 10	Monday	
6:00-8:30pm	1 session	\$25

BOATING AND PERSONAL WATERCRAFT CERTIFICATION COURSE (NEW)

This DEEP approved course is required to obtain the proper certificate for boat operation by CT residents. Upon successful completion of this course, you will be able to obtain a certificate of Personal Watercraft Operation which allows the operation of all motorized recreational craft. Students must participate in all classes to qualify. Students should obtain a DEEP Conservation ID prior to the start of this class.

DEEP Staff

March 23, 25, & 30	Mon./Wed./Mon.	
6:00-9:00pm	3 sessions	\$25

CRUISE LIKE A PRO!

Whether it's your first cruise or your twenty-first cruise, this course will teach you how to find the perfect cruise, get the best deal possible, and enjoy every moment of your cruise vacation. Knowledge will help you avoid common problems encountered by non-savvy travelers.

C. Normandeau

March 9	Monday	
7:00-8:30pm	1 session	\$20

RESISTANCE BAND EXERCISE FOR BEGINNERS

This course will show participants the benefits of chair exercises for all ages and activity types. You will get a routine with simple exercises to ease into harder exercise with more resistance for a well-balanced program sitting or standing. Participants should wear loose fitting clothing. Bands will be provided for in class use.

W. Fahy

March 2	Monday	
6:00-7:30pm	3 sessions	\$45

REST WITH EASE EVENING YOGA TO WIND DOWN

Find a sense of calm after a long day through the teachings of yoga from an Ayurvedic perspective. Participants will relax with restorative yoga postures, pranayama and meditation in preparation for sleep. Techniques will encourage total body healing.

S. Martinez

Feb 5	Wednesday	
7:00-8:00pm	6 sessions	\$60

*no class 3/11

MUSIC & DANCE

SINGING – INTRODUCTION TO VOICE

This course is designed to educate the students on how to improve their voice range. Understand the basics on how to sing a song the proper way. Learn proper body posture, and breathing to improve voice range and more!

C. Byram

May 6	Wednesday	
6:00-8:00pm	2 sessions	\$40

LANGUAGES

LET'S LEARN SPANISH! (NEW)

In a relaxed, fun and stress-free environment, learn how to communicate in Spanish. Focus will be on acquiring basic conversational skills and exploring culture of the Spanish speaking world. There will be a textbook available for purchase in class for \$18. B. Neblett

Feb 25	Tuesday	
6:00-8:00pm	6 sessions	\$119

FINANCE

401K ROLLOVERS

The participants will learn the best time for 401K Rollovers and how to not pay penalties. The instructor will discuss alternatives and the rules and regulations involved with 401K plans. J. Dorso

March 18	Wednesday	
6:30-8:30pm	1 session	\$20

AARP FRAUD WATCH: THE CON ARTIST PLAYBOOK, A LOOK INSIDE THE MIND OF A CRIMINAL (NEW)

Take a look at the psychology behind ID Theft, Fraud & Scams through actual footage of scammers, insight and advice. Participants will walk away armed with the tools they need to keep themselves and their families safe.

B. Bajek

Feb 24	Monday	
6:00-7:00pm	1 session	Free

INDIVIDUAL HEALTHCARE OPTIONS

Learn about all the options in Connecticut for healthcare for those under age 65. Learn all the ins and outs of Healthcare in the State of Connecticut. Better understand Access Health and how tax credits work, individual healthcare, Healthshare options, and much more. J. Dorso

March 25	Wednesday	
6:30-8:30pm	1 session	\$20

RETIREMENT PLANNING TODAY

Course addresses retirement planning process and covers impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues. P. Marciano

Apr 21	Tuesday	
5:30-8:30pm	2 sessions	\$30

HOUSATONIC VALLEY REGIONAL HIGH

COMPUTERS

BLOGGING FOR BEGINNERS (NEW)

A course for those new to blogging or who have a free blog and want to monetize their site. You will learn how to start a WordPress blog, choose your niche and avatar (ideal audience) and what plugins you should have for WordPress.

D. Ferreira

May 4 Monday
6:00-8:00pm 4 sessions \$79
*no class 5/25

Please bring
a flash drive
to save your
work.

EXCEL I & II

In this class we will cover the basics and the more advanced functions of Excel. We will explore the workbook, worksheets, ribbon, charts, filters, formulas, What "IF" statements, and linking data. Please bring a USB drive to save your work and be prepared to move quickly through some of the finer points of Excel. Handouts and videos will help you to practice at home. These skills will help you at work, in your own business, or even in your home budget. Prerequisite: Basic Keyboarding skills and some experience with Excel. B. Tate

March 4 Wednesday
6:30-8:30 pm 4 sessions \$79

MOBILE DEVICES

Discover the amazing capabilities of Smart Phones, iPads, and Microsoft Surface. The instructor will also review Google features to enable you to become a better communicator and organizer.

B. Tate

Apr 20 Monday
6:30-8:30pm 2 sessions \$40

HOW TO DO POWERPOINT PRESENTATIONS!

This class will encourage you to explore your own creative abilities. We will put together a simple presentation that will build your confidence. By the end of class, you will have created your first presentation that was fun, colorful and easy. Please bring a USB to save your work and some experience with keyboarding.

B. Tate

May 11 Monday
6:30-8:30pm 2 sessions \$40

ARTS & CRAFTS

PASTEL PAINTING

Students will learn to work in pastel, landscapes, still life and figure drawing. We will work on colored pastel paper that students can frame after they are finished. Instructor will call students with a supply list prior to the first class. R. Olsen

May 6 Wednesday
6:00-8:00pm 4 sessions \$79
*no class 5/13

PEN AND INK DRAWING

Do you like to draw but don't know where to begin? This is the place, and now is the time! Learn to use fine-point markers in doing still life, landscapes, abstracts, or figures. Use these finished drawings, enlarged or reduced, for note cards or for framing. Basic drawing skills are helpful but not required. Instructor will call students with a supply list prior to the first class. R. Olsen

Apr 1 Wednesday
6:00-8:00pm 4 sessions \$79
*no class 4/15

SOY CANDLE MAKING 101

Learn and create two soy candles that burn 25 plus hours each. Over 60 scents to choose from! Participants will take part in pouring their own clean burning candles for scent and lighting. There is a \$20 material fee (cash only) to the instructor on the night of class. L. Zlotowski

May 6 Wednesday
6:00-8:00pm 1 session \$20

THE REBIRTH OF FILM PHOTOGRAPHY!

This is a brief but vital understanding of film, the original and genesis of film up until the digital age. Discussion will include grain, ISO, film formats and sheet film, loading, shooting and faux processing. Broaden your creative horizons by learning how film works. Option to purchase and process one roll of B&W or Color film for \$35 fee. Participants should have basic photographic skills and a film camera if possible. A supply list will be given to students on the first night of class. T. Kubis

Apr 27 Monday
6:00-7:30pm 4 sessions \$59

WIRE WRAP JEWELRY MAKING

Create unique handmade jewelry through demonstration and hands on activities. Participants will be able to create earrings with handmade ear wires, a coil bracelet, or wrap a stone for use as a pendant. Tools needed for class are small wire cutter, flat nose and round nose pliers, chain nose pliers. Students can borrow tools from instructor in class or bring their own. There is a \$20 material fee for wire, findings and beads payable to the instructor on the first night of class. S. Tocci

May 11 Monday
6:00-8:00pm 3 sessions \$59
*no class 5/25

HOME IMPROVEMENT

FUNDAMENTALS OF BEGINNING BEEKEEPING (NEW)

Lecture on bee biology, bee behavior, how to maintain a bee colony, and bee diseases and pests. Participants will gain knowledge to start their own colony and learn how to inspect a colony safely. Optional field trip, separate from this class, offered Saturdays, 10am-12pm April 4 & 11 at a Bethlehem, CT, apiary location announced in class. A. Avitabile

Feb 24 Monday
6:00-8:00pm 3 sessions \$59

HOUSATONIC VALLEY REGIONAL HIGH

PERSONAL DEVELOPMENT

COIN COLLECTING FOR FUN AND PROFIT

This course covers the basics needed to identify US coins, evaluate their condition, rarity, and eye-appeal to determine value. Included are many of the different items created throughout periods in US history, the minting process, how to assemble, safely store and inventory your holdings. Participants may wish to purchase "A Guide Book for United States Coins", ISBN-13 978-0794843045 to complement this class. R. Bacca

March 23	Monday	
6:00-8:00pm	1 session	\$20

CONVERSATIONS ON DEATH AND DYING

Guided discussions with a Certified End-of-Life Doula experienced in caring for and educating others on this difficult subject. Topics covered will include decisions and choices that can positively impact one's vision of quality end of life care. This is a beginning course for families, caregivers and anyone looking for support and options on how to navigate difficult questions surrounding death and dying. Discussing death brings to the forefront the opportunity to value and live our lives more fully. L. Martorell Gumbert

May 20	Wednesday	
6:30-8:30pm	2 sessions	\$40

ELEMENTS OF FILM: FILM NOIR 101

Excerpts of Classic American crime films of the 1940s and 1950s, with their distinctive black-and-white visual style and cynical tone will be shown and discussed. Participants will be conversant with main ingredients of genre, history of film noir. T. Graham-Sullivan/J. Sullivan.

Apr 27, 29	Mon/Wed	
6:30-8:30pm	2 sessions	\$40
May 4, 6	Mon/Wed	
6:30-8:30pm	2 sessions	\$40

GETTING PAID TO TALK: PROFESSIONAL VOICEOVERS

Explore professional voice-acting for television, radio, audio books, and more! Learn the basics, you'll even record a commercial under the direction of our producer! This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. For more information, visit: www.voicecoaches.com/gppt. VCoaches

May 18	Monday	
6:00-8:30pm	1 session	\$25

HEALING ANGELS

For angel lovers. You will join with other students and work as a team to call upon the healing angels (Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah & Michael). Learn a special prayer of invitation, use an angelic heart link, connect with angels who bring you support in your healing journey. Supplies can be purchased directly from the instructor for \$10 at the first class.

S. Dorman		
March 4	Wednesday	
6:30-8:00pm	5 sessions	\$75

HOW TO GET & STAY ORGANIZED (NEW)

Participants will learn strategies to tame those piles of paper, organize those closets, and tackle that "junk /spare room" we all have. Participants will have the tools to make the necessary decision about what they are keeping, donating or discarding, and then knowing where to store the things that they are keeping. J. Baltrush

Jun 3	Wednesday	
6:00-8:00pm	1 session	\$20

INTRODUCTION TO THE 7 CHAKRAS (NEW)

Chakra is an old Sanskrit word that literally translates to wheel or disk. There are seven main chakras or energy centers in our bodies. Immerse yourself in a chakra journey where you will learn the importance of opening and balancing each of your seven energy centers in order to help maintain a healthy vibrant self! The class will end with a guided meditation to clear and balance your chakras.

K. Diamond		
Jun 3	Wednesday	
6:30-8:30pm	1 session	\$20

INTRODUCTION TO SHAMANISM (NEW)

Shamanism is a way of life, a practice of communion with the natural world. Its practices have been used throughout time to access wisdom in service of the community and the individual. In a modern-day context, shamanic techniques and principles can be learned and applied to affect potent inner and outer change, deepening our relationship with ourselves and the world around us, elevating our earthly experience. Join us in this introduction to the history, evolution and applications of this timeless way of life.

J. Muthu		
March 16	Monday	
6:00-8:00pm	1 session	\$20

JAPANESE BOOK BINDING (NEW)

Using a traditional bookbinding method known as Japanese Stab binding, students will decorate the covers using their selection of papers from around the world and then bind the book using either colored linen thread or colored ribbon. The last step is to finish the interior of the book. There is an \$8 material fee payable to the instructor on night of class.

C. Perry		
Jun 1	Monday	
6:30-8:00pm	1 session	\$20

LEARN TO READ TAROT CARDS (NEW)

Ever wonder how a "random" series of picture cards can reveal so much about you? This beginning/intermediate course will amaze and delight you as you learn the secrets of Tarot and accurately answer an important question within the first hour. Develop and strengthen your intuition. Instructor will call students with a supply list prior to the first class. There will be an option to purchase a textbook available in class for \$18. S. Hite

S. Hite		
March 2	Monday	
6:30-8:30pm	3 sessions	\$59

HOUSATONIC VALLEY REGIONAL HIGH

TRANSFORMATION AT ANY AGE!

Achieving greatness and creating abundance is not age restricted. Time to break bad habits, change negative behaviors and become the person you were always meant to be. Learn subconscious behavior, how we set up these patterns, techniques to break patterns, and create a new mindset. L. Monaco

Feb 12	Wednesday	
6:00-8:00pm	1 session	\$20

RECREATION & LEISURE

THE ART OF TEA MAKING: A CLASS & TOUR WITH HARNEY & SONS TEAS

If you have ever wanted to learn more about what goes into that cup of tea, this class is for you. Learn the history and ingredients of this everyday beverage in the first class. Discover what flavors make a successful cup of tea. First class Feb 6 is held in a classroom at Housatonic Valley Regional High School. The second class, March 4 is a tour of our tea factory in HARNEY & SONS, 5723 Rte 22, Millerton, NY (17min drive from HVRHS) where you can taste several teas. M. Harney

Feb 26	Wednesday	
6:00-8:00pm	2 sessions	\$40

INTRODUCTION TO FISHING & FLY FISHING (NEW)

Learn everything you need to know to get started. The basics to safely catching & releasing fish and where to possibly go to catch fish. Get the basics from tackle needed, tying knots and understanding fish behavior. S. Pogodzienski

May 6	Wednesday	
6:00-8:00pm	1 session	\$20

INTRODUCTION TO HOT AIR BALLOONING

Learn about the history and mechanics of this popular activity dating back to 1783 and spanning a rebirth in the early 1960s to the present. Session one covers history of hot-air ballooning configurations; military applications in the U.S. Civil War and much more. Demonstration equipment is shown during the second class along with a demonstration video. Please note that this is not a pilot certification class. Also, participants can choose if they wish to learn about "chase teams" (assisting with flights) from the instructor, who owns Aer Blarney Balloons, 92 Town Line Road, Bethlehem, CT, in order to earn credits for a free hot-air balloon ride after the two classroom sessions. M. Murphy *no class 5/13

May 6	Wednesday	
6:00-7:30pm	2 sessions	\$30

INTRODUCTION TO PLAYING CARD TRICKS (NEW)

Introduction to basic and moderate magic tricks with basic deck of cards, shuffling, and sleight of hand. Supplies can be purchased directly from the instructor for \$10. The instructor has been a performing magician for over 30 years.

B. Lizotte *no class 5/13

May 6	Wednesday	
6:30-8:00pm	4 sessions	\$59

MOVEMENT TO THE CLASSICS

This is a low impact interval training (exercise) to a select playlist of classical music. Learn easy to follow choreography and bring 2-pound and 5-pound weights if you wish to use them in class. Moves coordinate to the music, building balance, strength, and agility. Participants must be in reasonably good shape or provide note from a doctor. You may be asked to sign a waiver at class. Bring a water bottle and small towel to class. T. Witkin

Feb 5	Wednesday	
7:00-8:00pm	5 sessions	\$50

MUSIC AND DANCE

ADULT BEGINNING PIANO BASICS

A very basic introductory class on how to play songs on a piano. Bring your own keyboard to class. Participants will play single recognizable songs and pieces with both hands. Adult and Piano Adventures; All-in-One Piano Course Book I, 2nd edition ISBN# 978-1569392386 (Amazon @ \$13) is recommended for class and home use. Discussion will include notes, rhythm, tempo, melody, fingering, duet playing and listening, and ear training skills! T. Witkin

March 11	Wednesday	
7:00-8:30pm	5 sessions	\$75

THE CRAFT AND BUSINESS OF SONGWRITING (NEW)

A presentation of all the elements that go into writing an effective song either individually or collaboratively, including how to get it to a wide audience. The sessions will include detailed constructive feedback on songs presented by attendees, collaborative writing and more. There will be a textbook available for purchase in class for \$20. Taught by Grammy Winning Songwriter, Bill Pere.

Apr 6	Monday	
6:30-8:30pm	4 sessions	\$79

*no class 4/13

FINANCE

STARTUPS & RAISING CAPITAL

Learn the essentials of building a startup and raising capital. Take Part 1 and continue with Part 2. Emphasis will be placed on benefits that building new companies create for communities: generating new jobs, intellectual property and growth. Participants will be able to build and execute a company's strategic vision. Please bring a notepad and pen to class. M. Myers

Jan 27 Part 1	Monday	
6:00-8:00pm	5 sessions	\$99

*no class 2/17

March 9 Part 2	Monday	
6:00-8:00pm	5 sessions	\$99

Would You Like to Teach a Class?
1.800.300.4781

NORTHWESTERN REGIONAL 7 HIGH SCHOOL

COMPUTERS

A NEW ERA IN DIGITAL MARKETING

Learn what it takes to take your business to the next level through marketing. Understand the transition from traditional marketing to digital marketing and each of their challenges in today's market. Discover basic aspects of any digital marketing campaign including online visibility, lead generation, and audience building/branding. Also learn where online marketing has been historically and where it is going.

L. Leifert

Apr 23	Thursday	
6:00-8:00pm	1 session	\$20

Please bring
a flash drive
to save your
work.

EXCEL I AND II COMBINED

In this class we will cover the basics and the more advanced functions of Excel. We will explore the workbook, worksheets, ribbon, charts, filters, formulas, What "IF" statements, and linking data. Please bring a USB drive to save your work and be prepared to move quickly through some of the finer points of Excel. Handouts and videos will help you to practice at home. These skills will help you at work, in your own business, or even in your home budget. Prerequisite: Basic Keyboarding skills and some experience with Excel.

B. Tate

March 10	Tuesday	
6:30-8:30pm	2 sessions	\$40

INTRO TO SOCIAL MEDIA FOR BUSINESS

Do you have a small business and need a little help creating some interest on your social media accounts? We will talk about the most current trends in social media and explore how these platforms can help your business. Please bring a mobile device with Instagram, and/or Facebook already installed with active accounts. If you have a personal Instagram account and you are considering changing it to a Business account, we will talk about the pros and cons of that too! We will also cover ways to get noticed on Instagram and Facebook with creative posts and images.

B. Tate

March 31	Tuesday	
6:30-8:30pm	2 sessions	\$40

ARTS & CRAFTS

BASIC DRAWING TECHNIQUES

This is a course of instruction designed to teach anyone how to develop their drawing ability. The teaching method builds confidence and is easy to understand and follow. The instructor will call students with a supply list prior to the first class.

A. Schleich

March 19	Thursday	
6:30-8:30pm	4 sessions	\$79

CROCHET FOR BEGINNERS

Working with both cotton and acrylic yarns, make a 3-color dishcloth and set of flower coasters to practice square and circular crocheting. Participants will learn 4 to 6 basic stitches, increases/decreases, and color changes. Supplies can be purchased for \$25 payable to the instructor on the first night of class. K. Nowakowski

Feb 6	Thursday	
6:00-8:00pm	4 sessions	\$79

THE DECORATED UNCIAL ALPHABET; CALLIGRAPHY

The calligraphy style, uncial, is perfect to convey friendly greetings. Learn this basic alphabet and how to paint it to make it look festive and fun. Instructor will email students with a supply list prior to the first class. There is a \$20 material fee if you wish to purchase supplies directly from the instructor. HELD AT WHITING MILLS, 210 HOLABIRD AVENUE, SUITE 508, WINSTED. K. Borkowski

Apr 21	Tuesday	
6:00-8:00pm	4 sessions	\$79

FABRIC WREATHS

Learn to make a fabric wreath to give as a gift-or to keep for yourself. Use swatches of material to create a cloth wreath that will last for many years to come. Students will bring their own material (3-5 yards of Print and/or solid). Instructor will provide the 16-18" green wire wreath. Participants are encouraged to bring scissors and tape measure. J. Hayes

Apr 23	Thursday	
6:00-8:00pm	1 session	\$20

INTRO TO PORTRAIT PHOTOGRAPHY

Learn the basics of light, posing, manual settings and get started taking great photos of family, friends, and events. Take better photos and maybe someday start a business in photography. Prerequisite: Must have experience using a digital camera with memory card. B. Tate

Apr 28	Tuesday	
6:30-8:30pm	3 sessions	\$59

PAINT FLOWERS IN PASTELS

Capture vibrant jewel colors and varied shapes of flowers in a class presenting soft pastel materials and techniques, composition, color selection, values and shading, blending, and layering. Supply list provided prior to class. C. Hurst

March 17	Tuesday	
6:00-8:00pm	3 sessions	\$59

PEN & INK DRAWING

Do you like to draw but don't know where to begin? This is the place, and now is the time! Learn to use fine-point markers in doing still life, landscapes, abstracts, or figures. Use these finished drawings, enlarged or reduced, for note cards or for framing. Basic drawing skills are helpful but not required. Instructor will call students with a supply list prior to the first class. R. Olsen

March 5	Thursday	
6:30-8:30pm	4 sessions	\$79

NORTHWESTERN REGIONAL 7 HIGH SCHOOL

CLASSES HELD AT KAREN ROSSI STUDIOS

All Classes Held: **SUNDAYS 1:00 to 4:00pm** at Karen Rossi Studios, 60 Estey Rd., Norfolk, CT Visit the Karen Rossi Studios workshop pages to see pictures of any of these projects <http://www.karenrossi.com>. Registration fee is \$25 for each class. There is a **separate material fee of \$15** due in class payable to the instructor.

FEB 23 TEACUP FAIRY GARDENS

Create pennants, signage, flowers, and ladders to arrange in a teacup with moss to make a fairy garden! Bring miniature gnomes and fairies if you would like to personalize your piece. \$25

MARCH 22 METAL BIRD MOBILES

Create metal birds from aluminum sheet metal and upcycled cans! Drill, punch, and rivet them together, adorn with paint pens and mixed media. Add wire and beads to create a mobile. \$25

APR 19 MERMAID SUN CATCHER FANCIFUL FLIGHTS

Enjoy painting, rubberstamping and adding stickers and dangles to Karen's newest laser cut mermaid shapes. Adding wire and glass beads, they will sparkle in the sun! \$25

MAY 24 MUSHROOM GARDEN SCULPTURES

Create mushroom garden art with a variety of mixed media and cement. Add mosaics to make the sculpture colorful or adorn your creation with "fairy house" accents. \$25

WATERCOLOR FLOWER PAINTING

Create colorful, textured, shimmering paintings of buds, blossoms, foliage, and garden groupings. This class reviews watercolor materials and supplies, composition, and a variety of techniques like color mixing, brushstrokes, washes and shading. Supply list provided prior to class. C. Hurst

Apr 21	Tuesday	
6:00-8:00pm	3 sessions	\$59

HOME IMPROVEMENT

CONTAINER GARDENING

If you have limited time, space or poor soil, container gardening may be right for you. Get all the information you need to start vegetable gardening, herbs, perennials and annuals in containers from choosing the container, the right soil to water and fertilizer needs. Find out how to choose plants and get some creative ideas for containers. C. Zbuska

Apr 28	Tuesday	
6:30-8:30pm	1 session	\$20

FLUID TRANQUILITY: WATER GARDEN DESIGN

The water feature is a vital element in the Japanese Garden. This lecture will discuss how water features are created and the principles of their design and installation. Special emphasis will be put on how even the smallest gardens can incorporate a water feature. Topics include site selection, design, waterfalls, creating rivers, pump and filter selection, fish and plants for the water garden. D. Silver

Apr 2	Thursday	
6:00-8:00pm	1 session	\$20

GARDENING AND DESIGNING WITH NATIVE PLANTS

What is a native plant? Why and how should you use them in your yard and gardens? Learn about some of the native plants that are available for those problem spots in your yard. Get information on how to design and plant your yard using natives so that it looks as though it has been there forever. C. Zbuska

Apr 7	Tuesday	
6:30-8:30pm	1 session	\$20

THE TAMING OF THE SHRUB

Pruning is an art & a science that requires practice. Learning sound techniques applied at the right time for the right plant can take the mystery out of pruning. Topics also discussed are pruning & training of common garden shrubs, the rationale of pruning, & the fundamentals of good pruning practices. A discussion of the rationale behind pruning will help the home gardener achieve a result that is both horticulturally sound & aesthetically pleasing. D. Silver

Feb 27	Thursday	
6:00-8:00pm	4 sessions	\$79

PERSONAL DEVELOPMENT

BOOK APPRAISING

The Colebrook Book Barn will do free appraisals to determine the approximate value of the participants' books. Students will find out what aspects make print more valuable. Bob Seymour is an experienced appraiser. Students must pay to register for this course, but the appraisals are free. There is a 12-book maximum. B. Seymour

Feb 27	Thursday	
6:00-8:30pm	1 session	\$20

GETTING PAID TO TALK: INTRODUCTION TO PROFESSIONAL VOICEOVERS

Have you ever been told you have a great voice? Come and explore professional voice-acting for television, radio, audio books and more! Learn the basics, including how to be successful and earn a great income in this exciting field. You'll even record a commercial under the direction of our producer! This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. For more information, visit: www.voicecoaches.com/gppt.

Voice Coaches		
Feb 20	Thursday	
6:00-8:30pm	1 session	\$25

HEALING WITH CRYSTALS

During these two classes students will learn why many people use crystals in healing. Crystals are effective and can be used in various applications. Participants will learn about common crystals and gemstones for energy healing, create a grid for manifestation purposes, and learn about potential dangers when using crystals. Please bring a notebook, pen and any gemstones you may have. A. Blackwood

Apr 21	Tuesday	
7:00-8:30pm	2 sessions	\$30

NORTHWESTERN REGIONAL 7 HIGH SCHOOL

TAROT 101 SERIES

Using 78 cards in a Tarot deck (the Major Arcana and Minor Arcana) participants will learn about myths and history surrounding tarot. Participants will be able to give a basic reading to their friends and family and use tarot as a self-help and healing tool. Option to purchase a Tarot deck with the instructor for \$30 on the first night of class. Please bring a notebook, pen, folder and tarot deck if you have one.

A. Blackwood

March 10	Tuesday	
7:00-8:30pm	4 sessions	\$59

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.

C. DeRocco

March 19	Thursday	
6:30-8:00pm	1 session	FREE

RECREATION & LEISURE

BEGINNER'S YOGA

The beginner class introduces the fundamental principles of alignment and breath work. Students will be introduced to yoga postures through step-by-step verbal descriptions and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose.

S. Schmidt

Feb 6	Thursday	
6:00-7:00pm	6 sessions	\$60
March 26	Thursday	
6:00-7:00pm	6 sessions	\$60

*no class 4/16

COOKING FROM SCRATCH: CAKES (NEW)

Learn how to make cake from scratch or from a mix for more than one type of cake. Demonstration, bake and eat. There is a \$15 material fee payable to the instructor on night of class.

M. Wickham

Apr 7	Tuesday	
6:00-8:30pm	1 session	\$25

FLY FISHING BASICS

Demystify the art of fly fishing and learn how easy it really is. Learn the basic knots, casting, the types of equipment needed and what they are used for, learn about the realm fish reside in, how to read the water and learn the foods fish eat. Ultimately, learn the most efficient way to catch fish and see nature as never before.

D. McDevitt.

Apr 21	Tuesday	
7:00-8:30pm	4 sessions	\$59

HOMEMADE CHOCOLATES FOR THE HOLIDAYS

How would you like to put some nice homemade chocolates on your dinner table, give them as a gift or put them in your Easter basket? All part of the Back to Basics Cooking Demonstration, bake and eat. There is a \$15 material fee payable to the instructor on the night of class. M. Wickham

Feb 11	VALENTINES	Tuesday	
6:00-8:30pm		1 session	\$25
March 10	EASTER	Tuesday	
6:00-8:30pm		1 session	\$25

JELLY MAKING (NEW)

Make your own fresh jelly at home. Got strawberries, peaches, grapes in excess and don't know what to do with them? Come and join the Jelly Lady and learn how to make jelly. Have a hands-on experience and take home a jar of freshly made jelly when you leave. There will be a \$15 material fee payable to the instructor. S. Zygmunt

March 3	Tuesday	
5:30-8:30pm	1 session	\$30
May 5	Tuesday	
5:30-8:30pm	1 session	\$30

SAVORY JAMS (NEW)

Would you like a little heat and spice in your life? Come and learn how to make red pepper jelly and peach basil jam to warm up your palate. Have a hands-on experience and take home a jar of freshly made jam when you leave. There will be a \$15 material fee payable to the instructor. S. Zygmunt

March 31	Tuesday	
5:30-8:30pm	1 session	\$30

FINANCE

CONNECTICUT STATE TEACHERS RETIREMENT

Learn more about preparing for retirement with your Connecticut State Teacher's Retirement. We will explain when you are eligible for your retirement benefits and explain the terms. The course also covers your retirement benefit payout options which is the pension and annuity options as well as your beneficiary options. M. Church

May 7	Thursday	
6:30-8:30pm	1 session	\$20

HELLO, RETIREMENT!

For those getting ready to retire, instructor discusses estimating retirement expenses and income, paying for healthcare, turning savings into income, and creating a spending plan. M. Church

March 31	Tuesday	
6:30-8:30pm	1 session	\$20

HOW MONEY WORKS

Create a budget, save money more efficiently and learn how to tackle debt. Are you ready? You can achieve financial security and ultimately reach your goals! G. Callahan

March 12	Thursday	
6:30-8:30pm	1 session	\$20



TERRYVILLE HIGH SCHOOL - PLYMOUTH

COMPUTERS

HOW TO USE YOUR MAC AND ORGANIZE YOUR FILES

Most people use their computers for email and the Web but do not venture further to organize their files. This course will concentrate on your Mac's "Finder" to locate and organize your files. M. Jay

March 5 Thursday
6:00-8:30pm 2 sessions \$50

Please bring
a flash drive
to save your
work.

MICROSOFT WORD

Having trouble with a Word document? Then this class is for you! Learn how to create documents and feel in control of the great tools that this software offers. Must have basic computer knowledge, keyboarding, and mouse skills.

L. Zukauskas
Feb 13 Thursday
6:00-8:00pm 3 sessions \$59

TYPING

Tired of not being able to type properly? Are you a pointer finger typist? Things go a lot faster when you learn the proper way to type. Join this class to learn finger positioning and how to type without looking at the keyboard. You will practice and learn keystrokes in class and get to take home helpful information for practicing after class is done.

C. Veronesi
May 14 Thursday
6:30-8:30pm 2 sessions \$40

WHAT THE HECK IS iCloud?

If you have an Apple device, you may be mystified by iCloud as well as its relationship to your Apple ID. Professional tech tutor, Michael Jay, will lead an interactive workshop on this powerful feature, which enables some of the most valuable aspects of the Apple system.

M. Jay
Apr 21 Tuesday
6:00-8:30pm 2 sessions \$50

ARTS & CRAFTS

CHARCOAL DRAWING WITH SHAWNALEE

Experience the drama and mystery of charcoal while learning drawing skills. Participants will gain an understanding of charcoals, the different kinds of charcoal, their techniques and artist uses. All levels are welcome. Instructor will contact participants with a supply list prior to the first class. There is a \$5 one-time contribution to class demonstration materials payable to the instructor on the first night of class.

S. Kwashnak
Feb 13 Thursday
6:30-8:30pm 4 sessions \$79

CROCHET FOR BEGINNERS

Working with both cotton and acrylic yarns, make a 3-color dishcloth and set of flower coasters to practice square and circular crocheting. Participants will learn 4 to 6 basic stitches, increases/decreases, and color changes. Supplies can be purchased for \$25 payable to the instructor on the first night of class. K. Nowakowski

March 19 Thursday
6:00-8:00pm 4 sessions \$79

DIGITAL PHOTO ORGANIZATION & STORAGE

Learn how to organize your digital photos into files and folders and how to backup and share your photos online using various online programs. Participants should bring their own laptop (no Macs or any hand-held devices) and power cords. Prerequisites: Basic computer skills and must have Google, Yahoo, Microsoft or Amazon Prime account. D. Howser

March 10 Tuesday
6:30-8:30pm 1 session \$20

FLORAL DESIGN – BRINGING THE OUTSIDE IN

Students will learn the basic skills and techniques of floral design and will design a holiday arrangement of their own to take home. Students will be designing with products from outdoors along with fresh cut flowers. Perk up your house for the holidays with your own floral display that will showcase any space. There is a material fee of \$30 payable to the instructor. J. Ramsey

Apr 7 Tuesday
6:30-8:00pm 1 session \$30

LITHUANIAN AND UKRAINIAN EGG DECORATING

Learn creative egg decorating techniques and make the holiday one to remember. Use traditional Ukrainian and Lithuanian tools and methods. Bring one dozen hard boiled eggs. L. Zukauskas

Apr 9 Thursday
6:00-8:00pm 1 session \$20

MOSAICS WORKSHOP

Participants will learn how to cut glass using mosaic tools and grout the finished project. In addition, we will learn about types and styles of mosaic techniques and will bring a finished product home. There is a \$4 material fee (cash only) payable to the instructor on the first night of class.

S. Segovia
March 24 Tuesday
6:00-8:00pm 2 sessions \$40

SOY CANDLE MAKING 101

Learn and create two soy candles that burn 25 plus hours each. Over 60 scents to choose from! Participants will take part in pouring their own clean burning candles for scent and lighting. There is a \$20 material fee (cash only) to the instructor on the night of class. L. Zlotowski

March 12 Thursday
6:00-8:00pm 1 session \$20

Would You Like to Teach a
Class? 1.800.300.4781

TERRYVILLE HIGH SCHOOL - PLYMOUTH

ORIGAMI FOR THE BEGINNER

Origami is the ancient traditional Japanese art of folding paper. Getting lost in folding a model is an enjoyable pursuit. You will learn how to fold a greeting card and the traditional Japanese crane. The basics of how to fold and how to read diagrams will be covered. This is a comprehensive class which includes selection of recommended books and online resources. No previous experience is necessary. There is a \$8 material fee payable to the instructor at the first class.

D. Silver

Apr 9	Thursday	
6:00-8:00pm	1 session	\$20

ADVANCED ORIGAMI: ORIGAMI BUTTERFLIES

In this advanced course, using La Fosse's designs, we will explore how various bases can be used to create endless variations of colorful butterflies. You will learn how the bases can be mixed and matched and how to create your own butterfly designs. These models are created using a series of squash folds, and we will fold several models. Pre-requisites: Origami for the Beginner or previous folding experience. There is a \$15 material fee payable to the instructor at the first class.

D. Silver

Apr 23	Thursday	
6:00-8:00pm	2 sessions	\$40

PEN & INK WITH WATERCOLOR DRAWING

From illustrated manuscripts to printed media, pen and ink with watercolor drawings have held a place of honor throughout the years. In this class participants will learn valuable skills of creating a drawing using pen, ink, and watercolor. All levels welcome. There is a \$5 one-time contribution to class demonstration materials payable to the instructor on the first night of class.

S. Kwashnak
March 19 Thursday
6:30-8:30pm 4 sessions \$79

SPRING INTO ART

Whether a new or seasoned artist, this class will provide participants with a working appreciation of artist drawing skills while re-discovering the beauty of Spring-inspired subject matter. Class lessons will include warmups, brief demonstrations, and lots of fun! Instructor will contact participants with a supply list prior to the first class. There is a \$5 one-time contribution to class demonstration materials payable to the instructor on the first night of class.

S. Kwashnak

Apr 23	Thursday	
6:30-8:30pm	4 sessions	\$79

STAINED GLASS JEWELRY

Design and create your own wearable art to take home while learning the basic techniques of cutting, foiling, and soldering stained glass to create a pair of earrings and a matching pendant. There is a material fee (cash only) of \$12 payable to the instructor at the first class.

S. Segovia
Feb 25 Tuesday
6:00-8:30pm 1 session \$25

WATERCOLOR SPRING

This beginner class teaches watercolor techniques to paint spring scenes. The course includes color mixing, brushstrokes, and shading. Students will complete a finished painting. Instructor will contact students with a short supply list. There is a \$3 one-time contribution to class demonstration materials payable to the instructor on the first night of class.

S. Kwashnak

May 19	Tuesday	
6:30-8:30pm	2 sessions	\$40

HOME IMPROVEMENT

FENG SHUI, IT'S MORE THAN JUST MOVING FURNITURE!

Would you like more wealth and prosperity, a better relationship with your spouse, change your career? Learn how to make these changes and more by making a shift in your environment to manifest your wishes. Students will learn what feng shui is and how to use it to bring about changes in their lives.

R. Garbien

May 14	Thursday	
6:00-7:30pm	1 session	\$20

FLUID TRANQUILITY: FUNDAMENTALS OF WATER GARDEN DESIGN

The water feature is a vital element in the Japanese Garden. This lecture will discuss water features are created and the principles of their design and installation. Special emphasis will be put on how even the smallest gardens can incorporate a water feature. Topics include site selection, design, waterfalls, creating rivers, pump and filter selection, and fish and plants for the water garden.

D. Silver

May 28	Thursday	
6:00-8:00pm	1 session	\$20

PERSONAL DEVELOPMENT

AURAS, LAYER BY LAYER

Explore the many layers of the human aura. Physical, astral and spiritual levels will be defined and explored. Class includes lectures, hands on exercises, and meditation. Discover your innate abilities to feel and see the aura.

M. Goerg

Apr 7	Tuesday	
6:30-8:30pm	1 session	\$20

MEDITATION TECHNIQUES

Join this class to learn a variety of techniques for meditation. No prior experience is necessary. Enjoy the experience of mind and body. Meditation can assist in reducing stress, pain, and improve healing.

M. Goerg

Apr 21	Tuesday	
6:30-8:30pm	1 session	\$20

TERRYVILLE HIGH SCHOOL - PLYMOUTH

REIKI I CERTIFICATION

This course is the beginning level of Reiki training. You will learn to share Reiki with your family, friends and pets or even expand to the community as a volunteer. The training consists of discussion, the Reiki Level I attunement, hands-on practice and includes various course handouts and materials. Instructor will hand out certificates at completion of this course. C. Byram

March 24	Tuesday	
6:00-8:30pm	2 sessions	\$50

RELAXATION AND INNER PEACE

Learn ways to release stress, tap into your own healing powers, and connect with your higher self. Gain insight from meditation, healing exercises, journaling, and movement.

M. Goerg

Apr 28	Tuesday	
6:30-8:30pm	1 session	\$20

MUSIC & DANCE

SINGING - INTRODUCTION TO VOICE

This course is designed to educate the students on how to improve their voice range. Understand the basics on how to sing a song the proper way. Learn proper body posture, breathing, to improve voice range and more! C. Byram

March 10	Tuesday	
6:30-8:30pm	2 sessions	\$40

SWING DANCE IN ONLY ONE NIGHT!

Learn to SWING DANCE in only one evening to some of the greatest up-tempo music from the 50's to today! We will have a fun time in our zero-stress environment - even you "never, ever" dancers will enjoy yourself right away. Instruction and song sheets will help you remember what you learn. For singles and couples, and NO partner or previous dance experience is necessary. The Instructor, Jim Zaccaria has taught Social Dancing since 1985 and helped found the Philadelphia Swing Dance Society. J. Zaccaria

Jun 2	Tuesday	
6:30-8:30pm	1 session	\$20

RECREATION & LEISURE

MAHJONG 101

Learn how to play this Chinese tile game. Mahjong is a game of skill, strategy, chance, and hours of fun. There is a \$10 fee if you wish to purchase Mahjong cards directly from the instructor at the beginning of the class. N. Gottfried

May 5	Tuesday	
6:30-8:00pm	4 sessions	\$59

MAHJONG GUIDED PLAY

Now that you have learned how to play Mahjong, come to class to practice strategy with the instructor's guidance. This opportunity is presented for those who have just learned, need to brush up, or want to join us for an evening of play and practice. N. Gottfried

Jun 2, 4	Tues/Thurs	
6:30-8:00pm	2 sessions	\$30

LANGUAGES

ABC ITALIAN

ABC Italian course is for students with little to no background in Italian. You will be introduced to basic vocabulary and sentence structure in the present tense suitable for a wide variety of tourist situations. Learn useful Italian words and common phrases for travel, questions, exchanging pleasantries, dining out, and asking for directions. If you can say the right simple phrases at the right time, you will discover how useful and fun your travel experience can become. V. Isaku

May 14	Thursday	
6:00-8:00pm	3 sessions	\$59

FINANCE

CONNECTICUT STATE TEACHERS RETIREMENT

Learn more about preparing for retirement with your Connecticut State Teacher's Retirement. We will explain when you are eligible for your retirement benefits and explain the terms. The course also covers your retirement benefit payout options which is the pension and annuity options as well as your beneficiary options. M. Church

May 5	Tuesday	
6:30-8:30pm	1 session	\$20

CREATING INCOME FOR YOUR RETIREMENT

Focus on retirement income strategies. Class simplifies three common withdrawal strategies so clients have a better understanding of the importance of creating a retirement income strategy, the pros and cons of the different strategies and what might work for them. M. Church

March 10	Tuesday	
6:30-8:30pm	1 session	\$20

SOCIAL SECURITY PLANNING

We will cover what Baby Boomers need to know to maximize retirement income. Learn the answers to your questions: 1) Will Social Security be there for me? 2) How much can I expect to receive? 3) When should I apply for Social Security? 4) How can I maximize my benefits? 5) Will Social Security be enough to live on in retirement?

M. Church

Apr 21	Tuesday	
6:30-8:30pm	1 session	\$20

CREDIT DIPLOMA PROGRAM

A minimum of 50 instructional hours per credit and 22 credits in six areas are required to receive an adult high school diploma.

- Courses are given in English, Math, Social Studies and electives.
- Courses are taught at a variety of locations and times.
- Courses online are available
- Additional credit is given for work experience and certificates, military service, and volunteer work
- Students must be 17 years old and show official withdrawal form. Call 1.800.300.4781

TORRINGTON HIGH SCHOOL

COMPUTERS

COMPUTERS FOR THE TRUE BEGINNER

This is a beginner class designed for those who are new at navigating and using a computer. We take our time in this class. Students will learn the basics of the computer, email, Internet access, and surfing the net.

D. Howser

March 11	Wednesday	
6:30-8:30pm	2 sessions	\$40
May 11	Monday	
6:30-8:30pm	2 sessions	\$40

Please bring
a flash drive
to save your
work.

EXCEL FOR BEGINNERS

Learn how to create a basic spreadsheet, perform calculations by creating formulas, and utilize templates such as creating a budget and timesheet. A. Herold

Feb 26	Wednesday	
6:00-8:00pm	2 sessions	\$40

G SUITE FOR BEGINNERS

This class will teach you the basics of Google's GSuite. We will cover GMail, Google Calendar, Google Docs, Google Sheets, and Google Slides. You will also learn how to share any of your files with others for collaboration as well as publishing them to the web.

A. Herold

March 9	Monday	
6:00-8:00pm	2 sessions	\$40

GETTING STARTED WITH YOUR MAC

In this introductory session, we'll show you how to navigate your Mac, set up your system preferences, and explore native apps such as Safari, Finder, Photos and Music. Whether you are brand new to Mac or just need a refresher, you'll learn the basics and even discover a few of our favorite tips. Bring your Mac or we'll provide one.

A. Herold

March 30	Monday	
6:00-8:00pm	1 session	\$20

VIDEO SKILLS ON YOUR MAC - iMOVIE

Go from recording videos to creating a visual story using iMovie for Mac. You'll capture video and get hands-on with editing techniques like trimming, timing, and rhythm. Then learn how to add audio and titles. Bring your iPhone or iPad or we'll provide one. Recommended for all skill levels.

A. Herold

Apr 6	Monday	
6:00-8:00pm	1 session	\$20

ARTS & CRAFTS

BEGINNER STAINED GLASS

Students will learn the basic techniques of stained glass: cutting, grinding, foiling, and soldering. Participants will create a sun catcher and a second project of their choice to take home. There is a \$10 material fee (cash only) for the project payable to the instructor on the first evening of class. Students will need to bring their own materials for the second project of their choice. S. Segovia

Apr 21	Tuesday	
6:00-8:00pm	2 sessions	\$40

BRUSH & PALLET PRESENTS 3 CLASSES SPRING WOOD PALLET

This 16x20" reclaimed wood pallet would look beautiful on your porch or wall. All dressed up for spring, it welcomes the beauty and warmth of the approaching season that we all look forward to after a long winter. You will learn how to seal your wood, paint, stencil, and embellish with beautiful paper/card additions. So much fun! All materials and instructions included. MATERIAL FEE PAYABLE TO INSTRUCTOR THE NIGHT OF THE CLASS \$30. CLASS TO BE HELD @ THE BRUSH & PALLET, 21 BURLINGTON ROAD, HARWINTON.

C. Mitchell

March 21	Saturday	
1:00-3:00 pm	1 session	\$20

MASON JAR WELCOME

This 12x16" welcome sign has an attached mason jar great for flowers, battery powered lights or anything else you can think of. Boards look beautiful distressed in a color to match your décor. Learn how to distress, stencil and attach your Mason jar and chain to hang. MATERIAL FEE PAYABLE TO INSTRUCTOR THE NIGHT OF THE CLASS \$25. CLASS TO BE HELD @ THE BRUSH & PALLET, 21 BURLINGTON ROAD, HARWINTON. C. Mitchell

Apr 18	Saturday	
1:00-3:00 pm	1 session	\$20

BUTTERFLY MIXED MEDIA

This awesome canvas is as fun to make as it is beautiful to behold! Mixed media is a fun, freeing technique to help us discover our creativity. Using different media such as papers, inks, stamps, paint, baubles etc. you will create a lovely canvas to hang for years to come. Choose your colors to fit your décor. Beautiful and inspirational! MATERIAL FEE PAYABLE TO INSTRUCTOR THE NIGHT OF THE CLASS \$25. CLASS TO BE HELD @ THE BRUSH & PALLET, 21 BURLINGTON ROAD, HARWINTON. C. Mitchell

May 16	Saturday	
1:00-3:00pm	1 session	\$20

ADULT EDUCATION at WORK: THE SMART SOLUTION FOR BUSINESS

Adult Education programs have been serving Connecticut businesses for 20 years. See how we can help you meet the challenges of today's fast-changing business environment. Call 1.800.300.4781

TORRINGTON HIGH SCHOOL

CELL PHONE PHOTOGRAPHY

Use a cell phone as a camera. Basic photo techniques are taught and adapted to cell phone regardless of make. Discussion on composition, focus, angle, time of day and scenic techniques, and unique cell phone features.

H. Pantely

March 10	Tuesday	
6:30-8:30pm	2 sessions	\$40

CREATING FUTURE MEMORY I: THE ART OF MEMORIALS (NEW)

How do we want to remember – or forget – something in the future? Using a wide range of case studies, this highly approachable class complements participants' personal inquiries, formal/informal art practice, and/or research concerns around memory and memorializing. Participation in a student exhibit at the end of the course is optional but encouraged! P. DiGennaro

Feb 3 PART I	Monday	
6:30-8:00pm	6 sessions	\$89

*no class 2/17

DRAWING WITHOUT GRIDS (NEW)

Have you ever wondered how the masters of yesteryear created their stunning drawings before the advent of photography? In this class, you will be guided through the process of creating drawings and compositions without the crutch of aids. Lessons will include techniques and exercises utilized by masters in an open and non-judgmental fun art class. Students will complete several sketches. Instructor will send a materials list prior to class. There is a one-time class contribution of \$2 towards demonstration materials payable on the first class. S. Kwashnak

March 23	Monday	
6:30-8:30pm	2 sessions	\$40

LILY & VINE FLORAL DESIGN PRESENTS 3 CLASSES SIGNS OF SPRING

This class will focus on the basics of creating a spring table arrangement with fern, assorted greens, and a bird nestled among beautiful spring blooms. There is a \$35 material fee payable to the instructor on day of class. HELD AT LILY & VINE FLORAL DESIGN, 405 MIGEON AVE, TORRINGTON.

T. Dowd

Feb 22	Saturday	
4:00-5:30pm	1 session	\$20

THE BELLES OF IRELAND

March is finally here which means spring is quickly approaching. The season brings an abundance of scented blooms popping up through the snow-covered green grass. This class will use the belles of Ireland bulb flowers, greens and grasses to create an inspiring aromatic vase arrangement. There is a \$35 material fee payable to the instructor on day of class. HELD AT LILY & VINE FLORAL DESIGN, 405 MIGEON AVE, TORRINGTON. T. Dowd

March 21	Saturday	
4:00-5:30pm	1 session	\$20

DIY VERTICAL SUCCULENT GARDEN

During this hands-on design class you will choose a hanging container and our knowledgeable staff will teach you about these luscious plants and the ins-and-outs of working with them. Participants will be provided with a container of their choice, moss, succulents, instruction and light refreshments. (Additional materials available for purchase) This is usually a stand-up design class we get our hands dirty, so wear comfy clothes! We encourage creativity and fun! Bring a friend, give a class as a gift or come as a group! This class fills quickly- register early. There is a \$35 material fee payable to the instructor on day of class. HELD AT LILY & VINE FLORAL DESIGN, 405 MIGEON AVE, TORRINGTON.

T. Dowd

Apr 4	Saturday	
4:00-5:30pm	1 session	\$20

INTERMEDIATE STAINED GLASS (NEW)

After having learned the basic techniques in Stained Glass Workshop Beginner, come back to this intermediate level class. Students can work on their own design, get help with an existing project, and refine their cutting and soldering skills.

S. Segovia

May 13	Wednesday	
6:00-8:00pm	3 sessions	\$59

MORAVIAN STAR GLASS

In this beginner class, we learn the basic techniques of cutting, grinding, foiling and assembling this beautiful 3D stained glass hanging star. There is a \$10 material fee (cash only) payable to the instructor at the first class.

S. Segovia

May 12	Tuesday	
6:00-8:00pm	2 sessions	\$40

PAINTING ON GLASS (NEW)

Learn and practice the different ways we can make beautiful artwork out of everyday glassware with acrylics. No previous experience is required. A suggested supply list will be provided on the first night of class. There is also an option to purchase supplies directly from the instructor for approximately \$15.

F. Tway-Grant

Apr 21	Tuesday	
6:30-8:30pm	3 sessions	\$59

PASTEL PAINTING

Students will learn to work in pastel, landscapes, still life and figure drawing. We will work on colored pastel paper that students can frame after they are finished. Instructor will call students with a supply list prior to the first class.

R. Olsen

March 31	Tuesday	
6:30-8:30pm	4 sessions	\$79

*no class 4/14

TORRINGTON HIGH SCHOOL

PEN AND INK DRAWING

Do you like to draw but don't know where to begin? This is the place, and now is the time! Learn to use fine-point markers in doing still life, landscapes, abstracts, or figures. Use these finished drawings, enlarged or reduced, for note cards or for framing. Basic drawing skills are helpful but not required. Instructor will call students with a supply list prior to the first class. R. Olsen

May 12	Tuesday	
6:30-8:30pm	4 sessions	\$79

PERSONALIZED CARDS

Together we will explore and create our own cards, using pencil, pen & ink, markers, watercolors, acrylics, collage, and your favorite pictures. Design possibilities include fractals, abstract designs, Zen doodles, our favorite cartoon characters, traditional art and more. A \$5 material fee will be collected at the first class. Bring your favorite pictures and photos. These are less expensive and more fun than those store-bought cards. F. Tway-Grant

March 31	Tuesday	
6:30-8:30pm	2 sessions	\$40

SPRING INTO WATERCOLORS WITH SHAWNALEE

Spring brings an explosion of delicate and vibrant colors that bring a refreshed spirit to all! In this class, we will explore methods and techniques of watercolor painting while appreciating New England's awakening! Students will create paintings of delicate springtime flowers to take home. Instructor will send a materials list prior to class. There is a one-time class contribution of \$5 towards demonstration materials payable on the first class. S. Kwashnak

May 11	Monday	
6:30-8:30pm	2 sessions	\$40

HOME IMPROVEMENT

GARDENING FOR THE BIRDS AND THE BUTTERFLIES

Planning and gardening for the birds and the butterflies just requires a few simple elements. Learn about the necessary elements in bird and butterfly-friendly gardens. Get information on plants, trees and shrubs that attract birds and butterflies to your garden and get a sample design for a butterfly garden. C. Zbuska

May 5	Tuesday	
6:30-8:30pm	1 session	\$20

GARDENING IN THE SHADE—BEYOND HOSTAS AND IMPATIENS

Almost everyone has a section of their yard where it is hard to grow plants because it's too shady. Learn how to determine how much shade you have, find out about plants for dry shade and moist shade, get information and a palate of non-traditional plants with both foliage and bloom that will thrive in these conditions.

C. Zbuska		
May 19	Tuesday	
6:30-8:30pm	1 session	\$20



TORRINGTON SYMPHONY ORCHESTRA

The Torrington Symphony Orchestra is a community orchestra of Northwest Connecticut that has been in existence since 1961.

The goal of the Orchestra is to promote both interest and appreciation of orchestral music, through symphonic concerts for the enjoyment, enrichment and benefit of the community. Membership consists of gifted students to professionals, all possessing adequate playing ability. The Symphony has 4 major concerts a year, one each season. Rehearsals are held at the Torrington Middle School on Wednesday evenings.

For more information, call Harris C. Daigle
860.482.1253 or daig3@aol.com

HOW TO SHARPEN EVERYTHING AND ANYTHING

Learn traditional and modern techniques to sharpen anything dull, like pesky kitchen cutlery, garden tools, scissors, etc. Topics to be covered include types of stones, gadgets, wet or dry, machines, all types of steel. Instructor will provide all instruments for demonstration and teach methods for students to try out. H. Pantely

March 11	Wednesday	
6:30-8:30pm	2 sessions	\$40

PERSONAL DEVELOPMENT

COIN COLLECTING FOR FUN AND PROFIT

This course covers the basics needed to identify US coins, evaluate their condition, rarity and eye-appeal to determine value. Included are many of the different items created throughout periods in US history, the minting process, how to assemble, safely store and inventory your holdings. Participants may wish to purchase "A Guide Book for United States Coins", ISBN-13 978-0794843045 to complement this class. R. Bacca

March 18	Wednesday	
6:30-8:30pm	1 session	\$20

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2earnCT

TORRINGTON HIGH SCHOOL

FOLLOWING YOUR DREAM: PERSONAL AND CAREER PLANNING

This one evening class will use the Myers-Briggs Type Indicator (MBTI) for personal and career planning to help participants develop and reach their life goals. Measure your personal style and generate steps to reveal your excellence and what provides you with bliss in life.

J. Crothers

May 6	Wednesday	
6:30-8:00pm	1 session	\$20

MANAGING THE STRESS IN YOUR LIFE

This one-night workshop on stress management/wellness enhancement will focus on building resilience while cultivating wellness. Topics to be covered include stress response, increasing wellness behaviors, current research on resilience/positive psychology, role of belief systems, optimism/pessimism and more.

J. Crothers

Apr 8	Wednesday	
6:30-8:00pm	1 session	\$20

RECREATION & LEISURE

COOKING BACK TO BASICS (NEW)

BERRY DELIGHT WITH ANGEL FOOD CAKE

Demonstration, bake and eat. Berry delight with angel food cake and Amish berry pudding. All part of the Back to Basics Series. There is a \$15 material fee payable to the instructor on the night of class.

M. Wickham

May 13	Wednesday	
6:00-8:30pm	1 session	\$25

HOMEMADE CHOCOLATES

How would you like to put some nice homemade chocolates on your dessert table? They won't last long! All part of the Back to Basics Series. Demonstration, bake and eat. There is a \$15 material fee payable to the instructor on the night of class.

M. Wickham

May 20	Wednesday	
6:00-8:30pm	1 session	\$25

GENTLE RESTORATIVE YOGA

For beginner/intermediate students looking to deepen their yoga practice. Class uses props to help maintain balance and comfort. You will use breathing techniques, postures, and focus to peacefully unwind. Prerequisites to this course include being able to safely and comfortably get up and down off the floor with little to no assistance. Please make instructor aware of any limitations in the first class, to allow modified poses when necessary.

A. Longhi

Feb 24	Monday	
6:00-7:00pm	4 sessions	\$40

MAHJONG 101

Learn how to play this Chinese tile game. Mahjong is a game of skill, strategy, chance, and hours of fun. There is a \$10 fee if you wish to purchase Mahjong cards directly from the instructor at the beginning of the class.

N. Gottfried

Feb 25	Tuesday	
6:00-7:30pm	4 sessions	\$59

MAHJONG GUIDED PLAY

Now that you have learned how to play Mahjong, come to class to practice strategy with the instructor's guidance. This opportunity is presented for those who have just learned, need to brush up, or want to join us for an evening of play and practice.

N. Gottfried

March 31	Tuesday	
6:00-7:30pm	2 sessions	\$30

MOVEMENT TO THE CLASSICS

This is a low impact interval training (exercise) to a select playlist of classical music. Learn easy to follow choreography and bring 2-pound and 5-pound weights if you wish to use them in class. Moves coordinate to the music building balance, strength, and agility. Participants must be in reasonably good shape or provide note from a doctor. You may be asked to sign a waiver at class. Bring a water bottle and small towel to class.

T. Witkin

Apr 20	Monday	
6:30-7:30pm	3 sessions	\$30

TENNIS FOR ADULT BEGINNERS

This Adult Beginner Tennis Program at Pinewoods Health and Racquet Club in Torrington will teach you the basics of tennis and will have you learning how to play real games by the end of it. The class will cover groundstrokes, volleys and serve as well as scoring and doubles positioning when the students are ready. Participants should wear sneakers and can borrow club tennis racquets. 4 SESSION CLASSES HELD AT PINEWOODS HEALTH AND RACQUET CLUB, 104 PINEWOODS RD. TORRINGTON.

Bob Cofer, Club Owner.

ALL CLASSES ARE 4 SESSIONS, \$64

January 21	Tues	11:00 AM – Noon	\$64
January 21	Tues	6:00 - 7:00 PM	\$64
January 22	Wed	11:00 AM – Noon	\$64
January 22	Wed	6:00 - 7:00 PM	\$64
March 10	Tues	10:00 - 11:00 AM	\$64
March 10	Tues	7:00 - 8:00 PM	\$64
March 11	Wed	7:00 - 8:00 PM	\$64
March 12	Thurs	11:00 AM – Noon	\$64

TORRINGTON HIGH SCHOOL

PICKLEBALL

Learn to play one of the fastest growing sports in the country. Pickleball combines elements of badminton, ping pong, and tennis in an easy to learn game suitable for all skill levels. Rules will be taught, then game play. Wear sneakers and comfortable clothes. Bring your own paddle if you have one or borrow ours. Please know your limitations and consult with your physician before beginning this program. J. Bate

Apr 20	Monday	
6:30-8:00pm	5 sessions	\$75

MUSIC & DANCE

ACOUSTIC GUITAR FOR THE TRUE BEGINNER

Have you always wanted to play the guitar? Did you buy a guitar with every intention of taking lessons but never seemed to get around to it? Now is the time to dust and polish it and bring it with you to this class where you will learn the basics of guitar playing as well as some strings and chords. Bring your guitar to class with you.

D. Wheeler		
May 26	Tuesday	
6:30-8:30pm	4 sessions	\$79

CHORDS ARE KEY FOR GUITAR

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. Bring your acoustic guitar. Fee includes an online book and online videos.

T. Furdon		
Feb 5	Wednesday	
6:00-8:30pm	1 session	\$59

CHORDS ARE KEY FOR PIANO

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you need to play any song in this one session. Instructor will teach on a keyboard or piano in classroom. Fee includes an online book and online videos.

T. Furdon		
Feb 4	Tuesday	
6:00-8:30pm	1 session	\$59

FIDDLE/VIOLIN FOR THE TRUE BEGINNER

Have you always wanted to play the violin or fiddle? Did you buy an instrument with every intention of taking lessons, but never got around to it? Well, now is the time to make this dream come true. Bring your instrument to this class where you will learn the basics of violin/fiddle playing, as well as some strings and chords.

D. Wheeler		
Apr 22	Wednesday	
6:30-8:30pm	4 sessions	\$79

INTRO TO MUSIC TECHNOLOGY

Students will receive a brief introduction to basic music theory and basic piano skills to be applied to projects within GarageBand. Garageband is a line of digital audio workstations for macOS and iOS devices that allows users to create music, podcasts, movie scoring and song mixes. Class will be held in the music technology classroom.

C. Sullivan		
March 16	Monday	
6:00-7:30pm	4 sessions	\$59

LEARN TIN WHISTLE TUNES

This class is an introductory class to playing the tin whistle and Irish music. Learn fingering, music notation, and a few tunes. Supplies can be purchased directly from the instructor for \$15 or you can bring your own tin whistle. This class will meet ahead of Seisiun where more tunes will be played. J. Recchia

Feb 3	Monday	
6:30-8:00pm	4 sessions	\$59
*no class 2/17		

SEISIUN (IRISH TUNES)

Participants will learn some typical seisiun tunes. Any instrument is welcome: tin whistle, flute, violin, accordion, etc. Learn Irish tunes and play with other musicians. Topics to be covered will be jigs, reels, polkas, airs etc. Bring your own instrument. Students must already know how to play their instrument.

J. Recchia		
March 16	Monday	
6:30-8:00pm	4 sessions	\$59

LANGUAGES

AMERICAN SIGN LANGUAGE

Learn to communicate using sign language (ASL). You will learn the basic skills needed in order to communicate with deaf people and to gain a better understanding of their culture. "Learning American Sign Language", (ISBN #0-20527553-2) is recommended for this class. Please call 1.800.300.4781 to check if there is enough enrollment.

B. Ayantola		
May 11	Monday	
6:30-8:30pm	4 sessions	\$79
*no class 5/25		

BEGINNER IRISH

The emphasis of this course is conversation. Learn how to greet people and talk about your family and where you live. Speak simple sentences to carry on basic conversation. Discuss sentence structure, pronunciation and more sources for additional learning. There will be a book available for optional purchase in class for \$13.

N. Soraghan		
Feb 26	Wednesday	
6:30-8:00pm	4 sessions	\$59

TORRINGTON HIGH SCHOOL

BON VOYAGE: FRENCH FOR TRAVEL

Bonjour! Traveling abroad soon? Learn practical French for common situations. We will discuss food, lodging, weather, shopping, and other everyday vocabulary to get you through your trip. Get a feel for the language and how it works. Recommended book for class use "REAL French for Travelers" (ISBN #978-0-9906246-4-6) available online Barnes and Noble or Amazon.

K. Martin-Ocain

March 2	Monday	
6:00-7:30pm	5 sessions	\$75

GERMAN FOR TRAVEL

This course is designed for the student who is planning to travel in a German-speaking country. We will go over useful everyday phrases, making hotel reservations, camping, dining, and more. Lively lessons are paired with visual and auditory aids, thereby making your learning experience enjoyable.

C. Byram

Apr 1	Wednesday	
6:30-8:30pm	2 sessions	\$40

ITALIAN FOR TRAVELERS

Learn language basics, useful information and tips that will help you get around. Use expressions to introduce and greet people, order food, do shopping, ask for directions, and other essential basics. Recommended books for class use "Italiano Essenziale 1" (ISBN #13-978-1567654349) www.perfectionlearning.com OR "Italian Survival Guide" (ISBN #13-978-0970373403) www.amazon.com under Kindle books/Paperback.

F. Lascari

March 2	Monday	
6:00-7:30pm	5 sessions	\$75

FINANCE

CONNECTICUT STATE TEACHER'S RETIREMENT

Learn more about preparing for retirement with your Connecticut State Teacher's Retirement. We will explain when you are eligible for your retirement benefits and explain the terms. The course also covers your retirement benefit payout options which is the pension and annuity options as well as your beneficiary options.

M. Church

May 6	Wednesday	
6:30-8:30pm	1 session	\$20

CREATING INCOME FOR YOUR RETIREMENT

Focus on retirement income strategies. Class simplifies three common withdrawal strategies so clients have a better understanding of the importance of creating a retirement income strategy, the pros and cons of the different strategies and what might work for them.

M. Church

March 11	Wednesday	
6:30-8:30pm	1 session	\$20

HOW MONEY WORKS

Create a budget, save money more efficiently and learn how to tackle debt. Are you ready? By applying the principles of this class, you can achieve financial security and ultimately reach your goals! G. Callahan

March 23	Monday	
6:30-8:30pm	1 session	\$20

PURCHASING A HOME

Discussion on the steps of purchasing a home, beginning with qualifying for a mortgage all the way to the closing table. Understand the process of buying a home in today's market. A-Z financing options, CHFA, FHA, USDA, Rehab, DAP, conventional, construction and more. D. Stewart

Apr 21	Tuesday	
6:30-8:30pm	1 session	\$20

SELL YOUR HOME AND UNDERSTAND THE PROCESS

Discussion on the complexities of selling your current home and buying another. Topics may include probate, divorce, moving to a larger home and downsizing. Instructor will bring you through the steps all the way to the closing table. D. Stewart

March 3	Tuesday	
6:30-8:30pm	1 session	\$20

SOCIAL SECURITY PLANNING

What Baby Boomers need to know to maximize retirement income. Learn the answers to your questions: 1) Will Social Security be there for me? 2) How much can I expect to receive? 3) When should I apply for Social Security? 4) How can I maximize my benefits? 5) Will Social Security be enough to live on in retirement? M. Church

Apr 22	Wednesday	
6:30-8:30pm	1 session	\$20



**NATIONAL
EXTERNAL
DIPLOMA
PROGRAM**

EARN YOUR HIGH SCHOOL DIPLOMA!!
Have you been out of school for a while? Have you gained special skills through employment, training, or homemaking? If you are a mature adult who would like to earn an Adult High School Diploma by working independently, the National External Diploma Program may be the right program for you! Registration is required.

Call today 1.800.300.4781.

ADULT EDUCATION ENRICHMENT REGISTRATION FORM - SPRING 2020

Eligibility: NO participants under 18 years of age.

☐ Please check if you have a disability.
Call for special accommodation needs.

REGISTRATION FORM

First Name _____ Last Name _____

Street _____

Town _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

Cell Phone _____ E-Mail (required*) _____

*Necessary for communications regarding class updates ONLY

LOCATION	COURSE TITLE	START DATE	TIME	AMOUNT

****To help avoid cancellations PLEASE register in advance at least 2 weeks before class start date****

*FOUR EASY WAYS TO REGISTER *

ONLINE
www.edadvance.org/registration



FAX
860.567.3381



PHONE
1.800.300.4781 or 860.567.0863



MAIL or IN PERSON
EdAdvance
Attn: Foothills Adult Education
355 Goshen Road, P.O. Box 909
Litchfield, CT 06759-0909

**PAYMENT ENCLOSED : (NO REFUNDS
UNLESS A CLASS IS CANCELED)**

****Always bring a flashdrive to computer classes****

Check # _____

Make check payable to: **EdAdvance**

Credit Card Payment

☐

☐


Card # _____ Exp. Date _____ CVV # _____

Name of Cardholder _____ Signature _____

There is a \$1.99 per class convenience fee for all orders placed by credit card

We do not confirm registrations. Please mark your calendars.

Please let us know how you received this brochure: ☐ mail ☐ friend ☐ business ☐ vehicle/van

Register at www.edadvance.org/registration, Adult Education Enrichment

Thank you for signing up for a Foothills Adult & Continuing Education class!

Our goal is to offer high quality, diverse educational programs at affordable prices.

Eligibility

NO participants under 18 years of age are allowed, except for Boating or Excursions.

Course Registration & Confirmation

You may register for any course at any location as soon as you receive this catalogue. Your registration has been accepted unless we phone you. We do not mail letters to confirm your registration. We will ONLY contact you if a class is canceled, if dates and/or times change, or if a class is filled to capacity at the time we receive your registration.

Registration Convenience Fee

There is a \$1.99 per class fee for orders placed by credit card. You can save this fee by mailing in a check with registration form (pg 48) or paying cash.

Registration Deadline

The deadline for mail-in registration of general interest courses is one week before the start date of the course or until the class is full. Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment.

Refund Policy

Refunds will only be given if a course is canceled by Foothills Adult Education due to unforeseen circumstances or insufficient registrations. Foothills reserves the right to postpone or cancel classes or change class dates if conditions warrant. We will attempt to notify participants by phone or email prior to the published start date of the class if there is a change. A student absence(s) from a class does not result in a refund, credit or make up session. We cannot give a refund if course dates change due to inclement weather.

Free Adult Education Classes

Registration for free ABE, ESL, GED®, HSD, NEDP, or Citizenship classes are available in Falls Village, Southbury, Torrington, Watertown, Winsted, or Woodbury on a walk-in or appointment basis.

No Charge for Materials For Mandated Courses

In compliance with Connecticut General Statutes Sec.10-73a there is no fee for registrations, books or materials to any adult enrolled in the Citizenship, ESL or High School Completion programs. A reasonable book deposit may be charged and refunded when books are returned in good condition.

Receipts

If you require a receipt, please include a stamped, self-addressed envelope with your registration.

Materials/Additional Fees

Check course descriptions carefully for additional fees and/or materials required.

Room Assignments

Room assignments will be posted at the building entrance. Please report to your room unless otherwise notified. Cell phone use is prohibited.

School/Weather-Related Cancellations

Adult Education classes will not be held when schools are closed for vacation, holiday, parent-teacher conferences, teacher schedule conflicts, or inclement weather. Courses held at EdAdvance are not necessarily canceled when schools are.

If inclement weather begins in the late afternoon, please listen to the following stations:

Radio: WZBG (97.3fm)-Litchfield

Television: WFSB (Channel 3), WVIT (Channel 4/30), WTNH (Channel 8), Fox61 or call 1-800-300-4781 after 4:00pm. Canceled classes due to inclement weather are made up by adding additional classes.

Disclaimer

As a service to the community, EdAdvance offers enrichment courses through its Foothills program. These courses are conducted by persons experienced in their respective fields but who may have certain perspectives and biases about their subject matter to which EdAdvance, its agents, and/or employees do not necessarily subscribe. Therefore, it should be understood by those enrolling in these enrichment courses that EdAdvance and its employees and agents, as a general matter, do not endorse the opinions, personal advice, or political perspectives of enrichment instructors. In addition, registrants acting on the personal advice of an enrichment instructor do so at their own risk. By enrolling in an enrichment course, each registrant agrees that he/she waives any and all claims against EdAdvance, its agents, and employees with respect to the above.

Non-Discrimination

Foothills Adult & Continuing Education, a program of EdAdvance, is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding Foothills Adult & Continuing Educations nondiscrimination policies should be directed to Susan Domanico 1.800.300.4781.

General Accessibility and Accommodation

All activities offered by Foothills Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Susan Domanico at 1.800.300.4781

DO YOU HAVE QUESTIONS?

Phone: 1.800.300.4781 or 860.567.0863

Fax: 860.567.3381

E-mail: domanico@edadvance.org

Write: EdAdvance

ATTN: Foothills Adult & Continuing Education

P.O. Box 909 • Litchfield, CT 06759-0909



355 Goshen Road • P.O. Box 909
Litchfield, CT 06759-0909

Classes conveniently located throughout the consortium area:

FALLS VILLAGE - Region 1
Housatonic Valley Regional High School

LITCHFIELD
EdAdvance

PLYMOUTH
Terryville High School

SOUTHBURY - Region 15
Pomperaug High School

WATERTOWN
Watertown High School

TORRINGTON
Torrington High School
Vogel-Wetmore School

WINSTED - Region 7
Northwestern Regional High School

WOODBURY - Region 14
Woodbury Middle School

Free Classes:

- Adult Basic Education
- Citizenship
- English as a Second Language
- General Education Development & Pre-GED®
- High School Diploma
- National External Diploma Expansion Program
- Civics & English Literacy
- Preparing for Success in the 21st Century workplace
- Serving Adults with Multiple Barriers to Education
- Transition to College & Work
- Family Literacy
- IET Training: CNA, Foodhandlers, etc*

*some fees may apply

Ask about our instructor-facilitated
online learning & customized
training provided on-site and at your
convenience.

*For more information or to register, call **1.800.300.4781**
or visit us online at www.edadvance.org/registration.*