



*Trumbull Adult and
Continuing Education
Spring 2012*

*“LEARNING IS
A LIFE LONG
EXPERIENCE”*

Register Online:
www.trumbullconted.org
For Information Call
(203) 452-4554



*Welcome To
Trumbull Adult &
Continuing Education*

**“LEARNING IS
A LIFE LONG
EXPERIENCE”**

TABLE OF CONTENTS

ACADEMICS	4-5
ARTS & CRAFTS	6-7
COLLEGE	7-8
COOKING	8
DANCE	8
DRIVERS EDUCATION	9
FINANCIAL	9-11
FITNESS & SPORTS	12-13
HEALTH	13
LANGUAGES	14
PARTY PLANNING	15
PERSONAL INTEREST	15-20
TECHNOLOGY	20-22
REGISTRATION FORM	23

STAFF

*Ralph Iassogna, Superintendent
Robert A. DeCerbo, Director
Cheryl D. Gould, Secretary*

GENERAL INFORMATION

Location of Class:

Classes will be held at Trumbull High School, 72 Strobel Road, unless otherwise specified.

Tuition:

The tuition for each course is listed in the Course Description. Tuition is payable upon registration.

Registration:

All registrations are processed in the order received. Registration may be completed in three ways:



***On Line:**

www.trumbullconted.org



***By Mail:**

Two courses may be listed per form. If you are signing up for more than two courses, attach a second form. Photocopying is OK.

Include: Check(s) or money order. One check may be used to pay for more than one student.

***Fax:**

203-452-4595



Confirmation:

CONFIRMATION WILL NOT BE SENT. Unless you are notified to the contrary, courses will run as scheduled. If registering late, call to be sure the course is not full or cancelled. If a course is filled or cancelled, every attempt will be made to notify you.

Storm Day Policy:

When bad weather closes the regular public schools, or there is an "early dismissal," ALL Continuing and Adult Education classes will be cancelled. If the public schools have a "delayed opening," evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE, and WEZN, or trumbullconted.org



There are no classes on the following days.....

February 20 - 24, 2012
Vacation Week

April 16 - 20, 2012
Vacation Week

May 28, 2012
Memorial Day

Affirmative Action Nondiscrimination Statement:

It is the policy of Trumbull Continuing Education that no person shall be excluded from participation in, denied the benefits of, or otherwise be discriminated against under any program, including employment, because of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, mental disability, and past/present history of mental disorder, learning disability, or physical disability. In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Trumbull Continuing Education Office, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.

Accessibility and Accommodation Statement:

Those needing assistance to gain access to classrooms or any other part of the building should contact Trumbull Continuing Education at (203) 452-4554 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Trumbull Continuing Education. Accommodations for the GED test are available for qualified individuals with a disability. For more information, contact Ajit Gopalakrishnan, Connecticut State Department of Education at 860-807-2125 or ajit.gopalakrishnan@ct.gov.

ACADEMICS

ESL & GED

Placement Test

New students to Trumbull ESL and GED must take a placement test prior to being assigned a class. Students should plan on coming early so they can register for the class prior to taking the test. Tests dates are:

Tuesday, January 17
Wednesday, January 18
7:00PM Room A-11

ESL-Beginner 0002

Patrick Fahey

This course is designed for the foreign-speaking person with limited English proficiency. Emphasis will be on pronunciation, vocabulary and conversation. Cultural notes on the United States for everyday living are included.

Patrick has a Bachelor of Science in Child Development, California State University at Fullerton. Masters in Education, Cross Cultural Teaching National University.

M & W 10 Weeks
January 23 7:00 - 9:30 Room A-11

ESL-Intermediate 0003

Maryann Dikranian

This course is designed for the foreign-speaking person wishing to expand his/her knowledge of English pronunciation, conversation and vocabulary. Basic verb tenses are covered as well as questions and command structures. American culture is also covered.

M & W 10 Weeks
January 23 7:00 - 9:30 Room A-10

ESL-Advanced 0004 Citizenship

Karen Wise

This course is designed specifically for the foreign-born. Emphasis will be placed on vocabulary expansion & instruction for those who wish to become U.S. Citizens.

M & W 10 Weeks
January 23 7:00 - 9:30 Room A-12

Adult Basic 0005 Education English and Math (ABE)

Hope Spalla

This course is designed for those who feel they would like to improve their competency in basic math, reading and writing and in adult life skills. It is especially helpful to those planning to obtain a high school diploma through the National External Diploma Program (EDP) or GED. Individualized programs will be prescribed based on diagnostic pretesting.

M & W 10 Weeks
January 23 6:30 - 9:00 Room A-15

GED Preparation 0006

Hope Spalla

The GED program is designed for people who have not completed their formal high school education. You can prepare to take the GED test through our classes, or take a practice GED test to determine your next step. These classes provide the necessary instruction for the Social Studies, English, Science and Mathematics sections of the GED High School Equivalency Examination. To participate in GED classes, applicants must be 16 years of age or older and no longer enrolled in school. Applicants must have a letter of withdrawal signed by a parent or guardian when registering. Those who are interested in taking the GED test can contact us for information (203) 452-4554.

M & W 10 Weeks
January 23 6:30 - 9:00 Room A-15

Textbooks and Workbooks:

Educational resource materials such as textbooks and workbooks are provided without a fee; however, a deposit may be charged for a textbook or a workbook. The return of the deposit would be subject to the book being returned in a condition suitable for reuse.



Would You Like To Get A High School Diploma Without Going To Classes?

What is the National External Diploma Program?

NEDP is a high school diploma program for adults who have acquired their academic skills through life and work experiences. It is designed especially for adults. The National External Diploma program is: flexible, self-paced, confidential, and conducted through one-to-one appointments with trained assessors.



How do I “demonstrate” the skills I have?

Students are asked to demonstrate skills in practical ways. For example, you may be asked to: read a newspaper or a lease, measure for carpeting, write a letter to a member of Congress or to a landlord, or compute interest on a charge card.

Is the National External Diploma Program a real diploma, and can I use it to go to college?

YES! The diploma is issued by the Trumbull School Board and is accepted by colleges.



**For an individual appointment or
for more information call
203-452-4554**

This Program Is Free for All Trumbull Residents

Career Exploration

Town of Trumbull



Job Shadowing

Internships

Conferences

Career Awareness Programs

Tours / Field Trips

Teacher & Student Grants

Supports all Trumbull Schools

- Public / Private / Parochial
- Grades K-12

Trumbull Business Education Initiative (BEI) helps students explore and experience various careers and working environments.

**Visit our website at
TrumbullBEI.com**

ARTS & CRAFTS

Knitting 0007

Nancy Henderson

Beginner: This course will cover the stitches needed to complete a basic sweater. Size 7 or 8 needles and scrap worsted weight yarn should be brought to the first class. Material list for projects will be given at the first class. Intermediate & Advanced are also welcome! Bring in your current project.

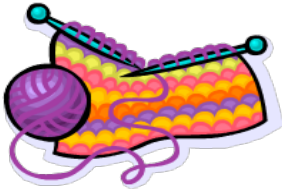
Wednesdays 10 Weeks \$90.00
January 18 7:00 - 9:00 Room M-4

Crocheting 0008

Nancy Henderson

Beginner: This course will cover the basic stitches needed to complete an item. Bring a size "J" hook and scrap worsted yarn to the first class. Material lists for projects will be given at the first class. Intermediate & Advanced are also welcome! Bring your current project.

Wednesdays 10 Weeks \$90.00
January 18 7:00 - 9:00 Room M-4



A Cookbook In Scrapbook Form 0009

Joanne Zboray

With recipes, written text, photos and other visual aids we'll assemble an organized, attractive cookbook that will be unique. Please bring a "Recipe Binder Cookbook" 10x12 inches from Barnes and Noble, recipes, scissors, ruler, double-sided tape, and pen.

Wednesdays 3 weeks \$35.00
March 7 6:00 - 7:30 Room A-6

Oil Painting 0010

Michael Barrett

This course teaches basic methods, proportion and placement, painting skills such as color mixture, and various styles and techniques. Students can experiment with styles and execute paintings of their choice, from portrait to landscape to still life. This course is continuous so that any student at any level can join. This course also stresses one-to-one consultation. Lab fee \$25.00 payable to instructor first night of class.

Wednesdays 10 Weeks \$185.00
January 25 7:00 - 9:30 Room M-7

Watercolor-Anyone Can Do It 0011

Diane Napolitano

Paint along with me and learn the basics. At the end of this course you will have completed a beautiful painting suitable for framing! Learn to paint in watercolor the fun and easy way-if you are already a painter, learn a few tricks along the way. If you never painted before, you will enjoy learning a new and different way of painting watercolor.

Tuesdays 8 Weeks \$110.00
January 24 7:00 - 9:00 Room M-7



Wheel Thrown Pottery 0012

Trevor Youngberg

This class will provide the beginning pottery student with the fundamental skills of working on the potter's wheel. Forms covered will be cup, bowl, and vase. Students will learn how to decorate and glaze their creations as well. Students can expect to become proficient with the creation of their own designs while finding a sense of satisfaction in working this challenging medium. All skill levels welcome. Lab fee of \$35.00 is payable to instructor first night of class. Class Limit is 12.

Mondays 8 Weeks \$160.00
January 23 6:00 - 8:00 Room M-13

Card Making Class 0013

Come and make five beautiful hand-made cards. In this class you will learn new techniques each week that you will apply to your projects that evening that will make your cards and projects stand out. Some of the techniques that we may use are: masking, Rock and Roll, kissing, dry embossing, wet embossing, mirror imaging, shadow stamping, stamping off, and two-step stamping to name a few. Card themes will be based on seasonal and general events. No experience is necessary. Lab fee \$15.00 payable to instructor first night of class.

Tuesdays 3 Weeks \$45.00
March 13 6:30 - 8:30 Room M-3



Get Into College 0014

Mary Spiegel, Certified Educational Planner

Susan Berescik, Certified Educator, Editor

Two local professionals combine forces for a high-powered college admissions course. The first class offers an overview of the entire admissions process from the perspective of an experienced admissions director and independent college advisor. The second class highlights the admissions essay and short answer questions with attention-getting techniques that LEAP off the page. Prepare for the entire college search and admissions process with organizational tricks and personalized expertise in a small group setting. Parents are encouraged to attend.

Tuesdays 2 Weeks \$45.00
March 13 - College Admissions

7:00 - 9:00 Room A-2

March 20 - Colleges Essays

7:00 - 9:00 Room A-2

S.A.T. Prep - English 0015

Hope Spalla

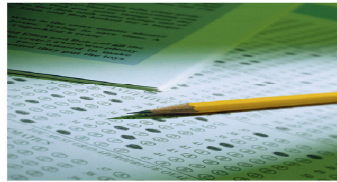
This course prepares you for the verbal section of the S.A.T. Included are tactics for doing sentence completion, grammar, critical reading questions and vocabulary. Students will also learn how to write a well-developed essay which is a component of the S.A.T.

For March 10 Exam

Thursdays 6 weeks \$250.00
January 26 6:30 - 8:30 Room A-15

For May 5 Exam

Thursdays 6 Weeks \$250.00
March 22 6:30 - 8:30 Room A-15



S.A.T. Prep - Math 0016

Brian Smith

This course prepares you for the new math-section of the S.A.T. Not only will students be given an initial assessment, but, the course will focus on strategies to succeed with the new version. Students will also be exposed to all questioning techniques in an effort to improve confidence and scores.

For March 10 Exam

Wednesdays 6 Weeks \$250.00
January 25 6:30 - 8:30 Room A-9

For May 5 Exam

Wednesdays 6 Weeks \$250.00
March 21 6:30 - 8:30 Room A-9



How To Pay For College Without Going Broke 0017

Michael Dailey

Paying for college can be a daunting task. How can parents determine what they can afford before their child starts looking at schools? Will the family be eligible for need based aid or merit aid? How do you find out before your student applies? This class will show you how to avoid the ten biggest mistakes parents often make: why a majority of families will not receive the aid they are entitled to; how to reduce your out of pocket cost at your child's chosen school; why is it that colleges will not help you figure out the best way to pay their bill. This course is a must for parents of high school students who want to develop a game plan for funding college within the family budget and maximizing financial aid opportunities. Each attendee will receive a course binder, preliminary education funding analysis and help filing their Federal financial aid form.

Tuesday **1 Night** **\$25.00**
April 24 **7:00 - 9:00** **Room A-11**



COOKING

Cooking by "Patrizia" 0018

Pat Grosso

A series of cooking classes designed to introduce you to the joys of cooking Italian! The series will feature: fresh ingredients, interesting tastes, and simple techniques. From pasta to fish, appetizers to deserts, your palates will be treated to great tastes and textures! Join me for a series of "tasty" cooking experiences. Lab fee \$35.00 payable first night of class. Class limited to 12.
Tuesdays **8 Weeks** **\$120.00**
January 24 **6:00 - 8:00** **Hillcrest Middle School**



DANCE

Latin Dance Beginner I 0019

Deb Linley

Dancing is a great way to have fun and meet new people! De-stress and let off steam as you learn the basics of Latin dance in a fun and supportive environment. Students will learn cha-cha, rumba, salsa and merengue in this 5-week beginner course. So whether you are dancing for exercise or sheer enjoyment, come gain a valuable social skill and increase your confidence next time you hit the dance floor!

Tuesdays **5 Weeks** **\$80.00**
April 10 **7:00 - 8:00** **Booth Hill School**



FINANCIAL

Financial Strategies 0020 For Successful Retirement

Steven Jacques

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are important to people near retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income, which are appropriate for lifetime use and which assets are appropriate for future generations; how to make appropriate health care decisions, especially who will provide care, where you live and how you will pay for your health care. We will explore some options that allow you to transfer assets to other generations of your family. By condensing up-to-date financial information into three classroom sessions, this seminar gives you answers you need. An optional financial planning consultation is provided after the class. You may bring your spouse at no extra cost. Material Fee of \$30.00 is payable to instructor first night of class.

Wednesdays 3 Weeks \$35.00
March 21 6:30 - 8:30 Room A-8

Estate Planning 0021

Patricia R. Beauregard, Esq.

This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including recent changes. Learn about the probate process and avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations.

Wednesdays 3 Weeks \$55.00
February 1 7:00 - 9:00 Room A-4

DRIVER EDUCATION PROGRAM

Trumbull High School offers a comprehensive Driver Education Program. This program consists of 30 hours classroom instruction, includes 8 hours of safe driving practices, 8 hours of on the road training, and a mandatory 2 hour parent training workshop. Students must be 16 years of age prior to the start of the classes. On the road training is by appointment. Register early!

Registrations available in school store or contact George Romano at 203-452-4577

The Driver's License Road Test is offered at Trumbull High School. Appointments are limited, register early. Applications for the test are available at Room M-8.



*Want To Share
Your Knowledge?*

*Come Join The
Trumbull Continu-
ing Education Team To
Share With Others Your
Special Interests.
Call 203- 452-4554 For
More Information.*

Spring Ahead.....

*Summer is right
around the corner!
look for our
Summer Explorations
Book
in March 2012!!
Start planning ahead!!*

Away for the Day



“Romeo and Juliet” NYC Ballet performs this immortal tale of love w/ Prokofiev’s haunting score.
Saturday, February 18 \$142

NY Philharmonic This classical musical program with violinist Gil Shaham includes Beethoven’s “Symphony No. 1.”
Friday, March 16 \$159

Tours at St. John the Divine and Bard’s exhibit, “Hats: An Anthology” by Brit Stephen Jones. Lunch at Sylvia’s.
Tuesday, March 20 \$109

“Dead Sea Scrolls” This show has one of the largest collections of Holy Land artifacts in No. America. Lunch: Pietrasanta.
Saturday, March 24 \$117

Metropolitan Opera House tour Join us for this behind-the-scene peek at the make-up, costume, and wardrobe departments plus the massive stage. Lunch: Brazil, Brazil.
Sunday, April 29 \$139

Wethersfield, CT In the largest Historic District in CT, we’ll have a bus & walking tour and visit three 18th-century homes.
Wednesday, May 9 \$ 99

Bateaux New York This trip offers a two-hour sightseeing cruise around Manhattan’s harbor and, later, a tour of Ground Zero.
Thursday, May 31 \$117

“George M.” Westchester B’way Theatre celebrates composer George M. Cohan’s songs which include “Yankee Doodle Dandy.”
Thursday, June 21 \$116

“War Horse” This moving award-winning Broadway hit, is performed by life-sized puppets. Lunch: Pietrasanta.
Wednesday, June 27 \$199

**To receive a complete brochure,
call Jill at 203-226-4310 or send an
e-mail to: jill@awayfortheday.net**

Secrets- That Wall 0022 Street Does Not Want You to Know About

Richard Nathan

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!! Optional Material Fee \$20.00.

Wednesday 1 Night \$55.00
March 14 6:00 - 7:45 Room A5

Entrepreneurship 0023

Beverly Nathan

You will learn how to start a successful home-based second income business which can then become a full time business. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn about franchising. Optional Material Fee \$20.00.

Wednesday 1 Night \$55.00
March 14 7:45 - 9:30 Room A-4



Great Real Estate 0024 Deals When Buying Or Selling In Difficult Times

Rick Nathan

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes.

After this class you will know how to research property at the tax assessor's office, the county clerk's office and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor. Optional Material Fee \$20.00.

Wednesday 1 Night \$55.00
March 14 7:45 - 9:30 Room A5

How to Drastically 0025 Cut Costs In Difficult Financial Times

Beverly Nathan

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save 1000's of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail and money saving web sites will be discussed. Optional Material Fee \$20.00.

Wednesday 1 Night \$55.00
March 14 6:00 - 7:45 Room A-4

FITNESS & SPORTS

Pilates 0026

Linda Turiano

Pilates will help flatten your tummy, streamline your body, improve your posture, decrease or eliminate back pain, create body awareness and improve flexibility. The focus of Pilates is working from “the inside out” meaning Pilates trains the deeper, more stabilizing muscles of the spine and abdominal wall. Some movements may resemble Yoga, however, Pilates is a movement system—it is not static and postures are not held. Joseph Pilates inventor of Pilates states: “In 10 sessions you will feel the difference; In 20 sessions you will see the difference; and In 30 sessions you will have a brand new body”. Pilates training, done at least twice a week, using a combination of mat exercises and apparatus will change your body as stated above. Wear comfortable workout clothing; bring a floor mat, (not a Yoga mat) and water to hydrate. Mats will be available for purchase at the first class. Please inform the Continuing Education Office if you will be purchasing a mat.

Mondays	17 Weeks	\$240.00	
January 23	6:00 - 7:00		Media Center

Zumba 0027

Michele Santoro

Zumba is a dance fitness program based on international rhythms. A Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique balance of cardio and muscle-toning benefits. You do not need to know how to dance to Zumba. During one Zumba class you can burn anywhere between 500 - 1,000 calories, while not even realizing you are working out! So come Join the Party!

Wednesdays	12 Weeks	\$130.00	
February 1	7:00 - 8:00		Booth Hill School

Pilates Using Magic Circle And Ball 0028

Linda Turiano

Pilates Magic Circle is a flexible ring 13” in diameter. The “Circle” is used to provide resistance with various Pilate’s exercises. The Ball (making sure that the proper size is used-preferable by height), is used as a tool for building superb abdominal strength. A unique exercise method for building long, sculpted muscles, a strong back and abdominal core. The ball exercises target underutilized muscles, recruiting both deep and superficial abdominal muscle fiber to give rapid results. See “Pilates Mondays Class for additional information. Wear comfortable workout clothing; bring a floor mat, (not a Yoga mat) and water to hydrate. Mats, Magic Circle and Balls will be available for purchase at the first class. Please inform the Continuing Education Office if you will be purchasing any of these items.

Wednesdays	20 Weeks	\$285.00	
January 11	6:15 - 7:15		Media Center



Beginner Adult Tennis 0029

Marcy's Tennis Academy, LLC

Learn how to play the lifetime sport of tennis with Marcy’s Tennis Academy! Tennis lessons include emphasis on stroke development and hand and eye coordination skills. The following strokes will be taught through drills and games: forehand, backhand, volley, lob, serve and overhead. Students must bring their own tennis racket and one can of new tennis balls to the first class. We will bring the rest. **Must be 16 years or older.**

Mondays	6 Weeks	\$110.00	
April 2	7:00 - 8:30		Booth Hill School



Beginner Yoga 0030

Spencer Green

This course adapts to the needs of each individual. Yoga is a series of stretches that, with the proper breathing, releases stress and toxins in the body. With this practice of Yoga you will develop better posture, become more flexible, and achieve all over body strength. This is a full body workout with endless health benefits. Bring your yoga mat, a towel, and water to class.

Mondays 10 Weeks \$145.00
January 23 7:30 - 8:45 Media Center

Intermediate Yoga 0031

Spencer Green

This is a step up from beginner Yoga with new postures, longer holding times, and an understanding of the philosophy of yoga. Students must have attended a beginner yoga class.

Wednesdays 10 Weeks \$145.00
January 25 7:30 - 8:45 Media Center

Golf-Beginners 0032

Bobby Brown

Bobby Brown is the Director of Golf, PGA Professional at Tashua Knolls.

This course is for beginning golfers. The fundamentals of grip, posture, stance and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs. Course fee does not include golf balls at the driving range, (\$5.00 per bucket.) Register early.

Mondays 6 Weeks \$130.00
April 2 5:00 - 6:00 Tashua Knolls

Golf-Beginners 0033

Bobby Brown

Mondays 6 Weeks \$130.00
April 2 6:00 - 7:00 Tashua Knolls



Live Your Life Not Your Diet 0034

Annette Alfieri

Thinking about food 24/7? Have you given up on ever losing weight? It's time to consider a different approach because weight loss is NOT just about the food. We will look at the effects of sleep, stress, toxins, hydration levels and even how you eat and why. Weigh-in and free Total Metabolic Testing done on each participant.

Annette Alfieri is the founder and creator of Lighten Up! Weight Loss. Annette is a clinical nutritionist and wellness coach in Fairfield, who specializes in weight loss and overcoming weight loss resistance.

Wednesdays 2 Nights \$50.00
March 7 7:00 - 9:00 Room A-10

Nutrition Class 0035

Laura Siebold

Laura Siebold is a clinical nutritionist in Trumbull.

Do you have a hard time when reading the ingredient list at the grocery store? Are you confused between the differences of a good fat and a bad fat? Or do you just want to eat better to feel better? A course on basic nutrition might be just what you need. After all, you are what you eat!

Mondays 2 Weeks \$40.00
April 30 7:00 - 8:30 Room A-7



LANGUAGE

Italian Travel

0036

Sara Dean

A good mini course for those who plan to visit Italy. Join us for this unique opportunity to learn valuable travel tips, information about Italian culture, geography and history as well as very basic Italian vocabulary, which will help you to communicate the essentials and have you feeling more confident when you arrive in Italy.

Mondays **4 weeks** **\$55.00**
January 23 **7:00 - 9:00** **Room A-8**

Italian - Beginner

0037

Sara Dean

Have you always wanted to learn Italian? Here is your opportunity. No previous knowledge of the Italian language is necessary. This course will provide the student with the basic skills needed to read, write and carry on a basic conversation. This is a fun course which includes a little Italian history, culture and geography. The book for this class is not included in the course fee.

Tuesdays **10 weeks** **\$140.00**
January 24 **7:00 - 9:00** **Room A-8**

Spanish-Beginner

0038

Virginia Dileo

Learn to communicate in Spanish. Spanish is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. And, in this difficult job market, any tool that can give an edge is worth investing time in. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. Spanish is not a difficult language to learn. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations. Come join this fun and lively class. According to students who have taken this class, the teacher is dynamic, enthusiastic and excellent. You won't be disappointed!

Tuesdays **10 Weeks** **\$140.00**
January 24 **5:30 - 7:30** **Room A-9**

Portuguese

0039

Virginia Dileo

Portuguese is a language spoken by many people in this area and therefore the knowledge of the Portuguese language can be beneficial to getting a job. This course is designed for students who have little or no previous knowledge of the Portuguese language. Students will learn the skills needed to read, write, and carry on a basic conversation. If you plan to travel abroad, to Brazil, or any other Portuguese speaking country, learning the language can certainly make the trip more exciting. Come join this fun class with an excellent, dynamic teacher and learn something new.

Mondays **10 Weeks** **\$140.00**
January 23 **6:30 - 8:30** **Room A-9**



PARTY PLANNING

Cooking For Two 0040

Vanessa David

Whether you're a young couple just starting out or a couple of empty nesters you know how hard it is to cook for just two people. Learn how to plan your meals for the week, how to properly utilize leftovers and how to cook with love for the one you love.

Monday **1 Week** **\$25.00**
February 6 **7:00 - 8:30** **Room A -6**

Dinner Parties 0041 Made Easy

Vanessa David

Dinner parties are a great way to entertain and reconnect with your friends and loved ones. The good news is you don't have to be a chef to pull it off, you just need a plan. Learn how to create one-of-a-kind menus that people will be talking about for years to come! Vanessa David recently graduated from Norwalk Community College with a Culinary Arts Certificate. On her blog, as the Headbanging Hostess, she chronicles her cooking and eating exploits, throwing dinner parties for a dozen or just a quiet meal for two. She has written about food for Alternative Control and CT Bites and has a YouTube channel featuring her food and the music of local bands.

Mondays **2 Weeks** **\$35.00**
February 27 **7:00 - 8:30** **Room A-6**



PERSONAL INTEREST

Basic Digital 0042 Camera Operations

John Zappala

This course will teach you how your camera works and how to use it. whether your interests lie in photographing sports, landscapes, or nature. Learning the fundamentals offered in this course will give you the knowledge you need to take beautiful photographs. All those buttons and dials will be explained, enabling you to use your camera to its full potential.

Tuesdays **6 Weeks** **\$85.00**
February 7 **7:00 - 9:00** **Room A-5**

Feng Shui & The 0043 Law Of Attraction

Deb Linley

Feng Shui is an ancient Chinese art and science which has been applied successfully to both home and work spaces over thousands of years. In our personal lives, Feng Shui is used to enhance many areas including career, relationships, prosperity and health. In this 2 hour workshop, we will explore the universal wisdom of this ancient practice and discuss how it relates to important Laws of Attraction in creating the life that we desire. You will learn how to apply Feng Shui principles to create an environment which is both supportive and nurturing. You will discover why success seems to flow more easily into some people's lives, while constantly evading others. Learn ways to pinpoint and identify personal blocks which may be preventing you from achieving the life you wish to create. At the end of class, we will apply what we have learned to our own individual living space.

Tuesday **1 Night** **\$30.00**
March 27 **6:30 - 8:30** **Room A-6**

You're On The Air- 0044 How To Really Make It In Voice-Overs

Steven Wahlberg

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Rob Scigliompaglia, a successful voice-over artist, will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. He will discuss the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording and best of all, hear the results!

Wednesday 1 Night \$50.00
April 11 7:00 - 9:00 Room A-7



Power Organizing 0045

Susan Lovallo

Are you ready to take charge of your space? Do you have a big organizing project you want to tackle? This class is for people who are willing and eager to make a big difference in their lives! We will discuss how to manage large clutter and organizing projects and how to get rid of years of accumulation. It's time to clear away that lingering stuff that has sat around long enough!

Tuesday 1 Night \$25.00
February 28 7:00 - 9:00 Room A-7

Finding A Job That Is 0046 Right For You

Holly Heaven

Finding a job today is complicated and frustrating. Many people take whatever job they can get because they don't know what job they want or how to get the job they want. Join Holly Heaven, a Certified Career management Coach, for tips on identifying your best fit career, developing a job search strategy, and writing a winning resume.

Mondays 2 Weeks \$45.00
February 6 7:00 - 9:00 Room A-7



M.O.R.E. - Motivation, Occupation, Recreation And Education

Rosemarie Derrig

The mission is to promote and enhance the well being of people with disabilities, and their families, by providing life skills, continuing education, nutrition, physical fitness training, and social recreational activities in community life. This course is open to all present Special Education students of middle school age and older. Former Special Education students, and other young adults with disabilities from Fairfield County area can attend. To register and make payment, call Rosemarie Derrig at 459-0034.

Fridays \$40.00
January 27 7:00 - 9:30 Jane Ryan School

Public Speaking 0047

Janet Zamparo

Does just the thought of giving a speech make you nervous? Learn valuable skills and delivery techniques that can help you become a confident public speaker. In a comfortable and nurturing environment, you will be able to build public speaking skills and confidence through a series of speeches. Emphasis will be placed on planning, practice, and delivery. Feedback and evaluation will be integral parts of class discussions.

Wednesdays **6 Weeks** **\$55.00**
February 1 **7:00 - 9:00** **Room A-7**



Find Your Inner Artist 0049 With A Trip Around The World. Your ticket? Art!

Janet Zamparo

Beginning with world art history, you will create multi-media works of drawing, painting, and collage. Multiple work materials allow participants further experimentation with world themes and traditions, and recycled materials reinforce global awareness. This class takes you on a fun journey with art history and the creative process. Note: For their own use and to share, participants will be asked to bring in recycled boxes, newspapers, magazines, etc. Materials list will be emailed.

Tuesdays **5 Weeks** **\$50.00**
April 3 **7:00 - 9:00** **Room A-7**

Beginner Bridge 0048

Maureen Gordon

A course for the beginner covering basic vocabulary, opening bids and responses, scoring, leads, signals, slams, the finesse and basic play of the hand, a good refresher or a chance to sharpen your skills.

Class Limit Is 16.

Mondays **6 Weeks** **\$55.00**
April 9 **7:00 - 9:00** **Room M-4**



Trumbull Counseling Center

*A family therapy agency for
Trumbull residents*

**121 Old Mine Road
Trumbull, CT 06611
203-261-5110**

The Counseling Center is a service of the Town of Trumbull providing confidential counseling services on a sliding fee scale. We also provide crisis intervention, programs for youth, community education, information and referral services. Our staff is comprised of caring and competent professionals.

*Robin Bieber, M.S.
Victor Olsen, M.A.*
Licensed Marriage and Family Therapists

Substitute Teaching Guide 0050

Maryann Dikranian

This course is designed to provide helpful strategies and techniques for those choosing to become a substitute teacher. The course is divided into three sections: school rules and procedures, class management strategies, and ideas for a variety of educational and fun filled activities. ***Fee is refunded by Trumbull Board of Education upon becoming a regular substitute.

Tuesdays 3 Weeks \$60.00
March 6 7:00 - 9:00 Room A-6

Introduction To Wine Making 0051

Frank Rinaldi

This class will cover all the basic topics to get you started in making your own wine at home. This is not a wine tasting class. We will cover topics such as grape varieties, unit of measurement, supplies and equipment, storage vessels, cleaning and sanitizing, racking and bottling your wine, making personalized labels, and the processing of your wine. You will learn where to buy your grapes, juice or kits - both locally and on the internet. We will study wines made from kits and juice. Within six weeks you could be drinking your first home made wine!

Tuesdays 5 Weeks \$65.00
January 24 6:00 - 8:00 Room A-4

Tell Your Story, The One That's Begging To Be Written. 0052

Tina DeMarco

A beginner's class on writing the short story or novel. If you've always wanted to write but didn't know how to begin, this class is for you. A writer's workshop on getting started, with the basic skills to send you on the writer's path. The passion of telling your story as no one else can, staying motivated and what to do when you get stuck are just some of the tools you'll come away with.

Tuesdays 6 Weeks \$65.00
January 31 7:00 - 9:00 Room A-10

TRUMBULL

PUBLIC SCHOOLS



Substitute Teaching and Paraprofessional Opportunities

Experience the rewards of working with children

All grade levels

Workday preferences considered



Excellent opportunity to begin/resume your teaching career

203-452-4363



Personnel Office
Long Hill Administration Building
6254 Main Street
Trumbull, CT 06611

Transform A Room- 0053 Redesign It

Kathy Engstrom

Would you like to transform an ordinary room into a space that lives beautifully? Unlike traditional interior design, the goal of a room redesign is to achieve the desired effect without additional purchases. We use your existing furnishings and accessories to create warmth, harmony and flow. Enjoy a fun, interactive class! Bring pictures of the room you will be working on – from all angles – and a floor plan of the room (hand-drawn is fine).

Tuesday 1 Night \$25.00
May 8 6:00 - 8:00 Room A-2

Stage Your Home 0054 To Sell

Kathy Engstrom

Would you like to sell your home more quickly ... and at top dollar? Stage it! Staging is the process of preparing your house so it speaks emotionally to the buyer, not only by making your home look terrific, but by helping the buyer envision living in the home. Kathy will show you some of the tricks of the trade and help you decide what needs to be done to make sure your home appeals to the largest number of buyers.

Tuesday 1 Night \$25.00
May 15 6:00 - 8:00 Room A-2

The Art And Science 0055 Of Fresh Water Fly Fishing

Gary Koos

This class will cover all aspects of fresh-water fly-fishing starting with the basic equipment needed, fishing etiquette, safety, types of rods, lines and flies. Students will learn to cast and learn how to mend. The course will also cover topics such as how to select the appropriate equipment for various conditions, learn how to think like a fish, how fish live and eat, how to read a river, choosing the proper flies, presentation and places to fish in CT. Students will need to have their own rods, reels, lines and leaders by the third class.

Wednesdays 4 weeks \$70.00
May 9 6:30 - 9:00 Room B-13

The Consciousness 0056 Discoveries Of Dr. David Hawkins

Bruce Zboray

Learn how to measurably raise your consciousness using the discoveries of Dr. David Hawkins. We will discuss : the etheric brain, the energy levels of various books and people, the Harmonic Convergence, the void, the qualities of each energy level and how to rise above each level, and more.

Wednesday 1 night \$25.00
March 14 6:00 - 8:00 Room A-2

Now What? 90 Days 0057 To A New Life Direction

Carol A. Shear BNRN

Are you reevaluating your life and/or career following a job loss or thinking about a job change, following divorce or a health crisis, as an empty nester or planning for retirement? Needing to do something radically different with your life? Are you searching for more joy, more passion and more fun? This dynamic 10 week program will guide you to become clear about what you truly want in life, even if you are horribly stuck, discover what keeps you from taking action, overcome fear and doubts, handle money concerns once and for all, trust your intuition like never before, create a plan of action to get what you want and celebrate your success along the way. You will feel energized as you take charge of your life! Limited to 8 participants.

Mondays 10 Weeks \$250.00
January 23 7:00 - 8:00 Room A-5



The Light At The End Of The Tunnel: Moving Beyond Loss, Grief And Loneliness **0058**

Andrea Rudolph, MSW, MPH

Grief is a normal - and often overwhelming - physical, emotional and spiritual reaction to loss. Life-altering events such as the death of a loved one, the loss of a job, divorce, or changes in health can present challenges for any one of us. In this course, you will move towards hope and healing while learning ways to cope and move through the pain of grief in a supportive, safe space. You will come to understand the normal grieving process and find ways to move beyond the powerful impact it can have on every area of your life.

Mondays **6 Weeks** **\$80.00**
January 23 **7:00 - 8:30** **Room A-11**



Introduction To Excel 2007 **0059**

Gary Koos

So, you've decided that you want to create and manage spreadsheets. This course will provide a basic understanding of the Excel for Windows spreadsheet program with the focus on simple spread sheet applications. Areas to be covered include parts of a window, moving around in a worksheet, entering information and formulas, selecting, deleting, inserting, copying, moving cells, printing, and working with the various functions **Class limit is 12.**

Mondays **3 Weeks** **\$140.00**
February 6 **6:30 - 9:00** **Room B-13**



Intermediate Excel 2007 **0060**

Gary Koos

Prerequisite: Familiarity with MS-Windows and use of the mouse along with basic MS-Excel skills. This class is the follow up to the Introduction to MS-Excel class or for those who possess basic MS-Excel skills. You will learn advanced spreadsheet editing techniques and use of excel tools including how to create formulas, apply functions, use automatic fill, and use bar, pie, and scatter charts to create a visual representation of your data. **Class limit is 12.**

Mondays **3 Weeks** **\$140.00**
March 12 **6:30 - 9:00** **Room B-13**

Introduction To Microsoft Word 2007 **0061**

Gary Koos

This class will introduce computerized word processing using Microsoft Word 2007. The basics of word processing will be covered including the following topics: keyboard basics and shortcuts, opening and saving files, the use of fonts, styles, sizes, colors, cut, copy, paste, bullets and numbering, page setup, printing, and other introductory topics. Students will practice these skills by composing a personal and a business letter. **Class limit is 12.**

Wednesdays **3 Weeks** **\$140.00**
February 8 **6:30 - 9:00** **Room B-13**

Intermediate Microsoft Word 2007 **0062**

Gary Koos

Prerequisite: Familiarity with MS
This class will cover more advanced features in word processing including columns, margins, paper size, templates, word art, clip art, and other word features. Students will practice by creating several different types of documents.

Class limit is 12.
Wednesdays **3 Weeks** **\$140.00**
March 14 **6:30 - 9:00** **Room B-13**

Getting To Know Your Computer For Beginners **0063**

Gary Koos

This course is designed for people new to computer technology and who have little or no experience with computers. The goal of this class is to provide a comprehensive introduction to using computer technology in the home and business environment. If you have been at all hesitant to dive into the world of computers, this is a great opportunity to start in a comfortable environment with other beginners at a basic level.

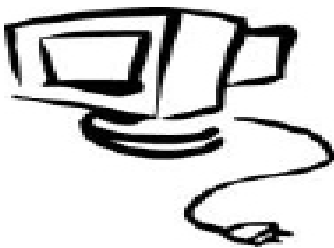
Class limit is 12.
Thursdays 3 Weeks \$140.00
February 2 6:30 - 9:00 Room B-13

Getting To Know Your Computer Intermediate **0064**

Gary Koos

Participants will learn the fundamentals of the Windows Operating System including how to launch applications and tools, manage/organize files and folders with Windows Explorer, and use My Computer and the Control Panel to configure Windows. The class will also cover how to add hardware devices such as printers and scanners and how to control them. You will also learn to use several of Windows's built-in accessories and system maintenance tools

Class limit is 12.
Thursdays 3 Weeks \$140.00
March 8 6:30 - 9:00 Room B-13



Quickbooks For Beginners **0065**

Gary Koos

This beginner class is designed for students that are new to Quickbooks or have limited experience and would like to better utilize this powerful book keeping program. Topics covered will include Navigating the Quickbooks interface, basic accounting principles, setting up your company and entering company information, setting up customers, vendors and employees, using bank registers, credit card transaction, recording sales, payments and much more. **Class limit is 12.**

Tuesdays 4 Weeks \$150.00
March 13 6:30 - 9:00 Room B-13

Intermediate Quickbooks **0066**

Gary Koos

Intermediate Quickbooks will continue your Quickbooks education where the beginners leaves off. Topics covered will include creating reports and graphs, setting up the inventory features including entering products, ordering, billing, receiving and tracking inventory items. Setting up, applying, recording and paying sales tax will be covered as will setting up Quickbooks payroll features. **Class limit is 12.**

Tuesdays 3 Weeks \$140.00
April 24 6:30 - 9:00 Room B-13

Adobe Photoshop CS3 **0067**

Gary Koos

Would you like to be able to edit, clean up, and alter your photos but you don't have a lot of graphic experience? This introductory course will teach you how using Adobe Photoshop CS3, the industry standard. Learn how to eliminate red eye, edit colors, effects, textures, combine photos and work with masks and layers and much more. You will leave with the ability to finally enjoy using this amazing tool!

Tuesdays 5 Weeks \$160.00
January 24 6:30 - 9:30 Room B-13

Basic Computer Maintenance

0068

Gary Koos

Prerequisite: Familiarity with the Windows Operating System and the keyboard and mouse. Learn how to configure your computer's memory resources for optimal performance and prevent viruses, spam, cookies and pop-up ads from cluttering up your hard drive. You will also learn how to use some of Windows built in configuration and maintenance programs to keep your computer running well.

Class limit is 12

Mondays **3 Weeks** **\$140.00**
April 9 **6:30 - 9:00** **Room B-13**

eBay How-To Buy And Sell OnLine

0070

Gary Koos

Learn the ins and outs of online buying and selling; how-to become an eBay seller, what it costs, how to protect your personal information, how-to price and list your item, how to handle payments and shipping and how-to complete the sale. A real 5 day auction to sell class members items will be created during the second class and the results reviewed in the third class.

Class limit is 12.

Thursdays **3 Weeks** **\$140.00**
March 29 **6:30 - 9:00** **Room B-13**

PowerPoint

0069

Gary Koos

Learn the techniques needed to plan, design and deliver attention-grabbing presentations that make an impact on your audience. Learn how to build a presentation, create and edit slides, insert clipart and import images, create charts and diagrams, apply simple animation and transition effects and use the new themes feature. This course is designed for participants who are new to PowerPoint, but have a general knowledge of using a computer with Windows.

Wednesdays **3 Weeks** **\$140.00**
April 11 **6:30 - 9:00** **Room B-13**



HEADSTART is now recruiting children who will be 3 or 4 years old by December 31 from Trumbull, Monroe, Easton, North Bridgeport, Stratford, Fairfield, and Newtown for its Fall 2012-2013 Preschool Program. The program is FREE to families who meet the income guidelines. Priority is given to 4 year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this FREE, Award-Winning, Preschool Program. Call 452-4422 for more information.



72 Strobel Road, Trumbull, CT 06611
(203) 452 - 4554
www.trumbullps.org

Non Profit
U.S. Postage Paid
Permit No. 35
Monroe, CT 06468



Postal Customer
Trumbull, CT 06611

TRUMBULL CONTINUING EDUCATION IS ALWAYS
LOOKING FOR NEW PROGRAMS TO OFFER TO OUR
COMMUNITY. IF YOU HAVE ONE TO OFFER, AND ARE
INTERESTED IN SHARING YOUR KNOWLEDGE,

PLEASE CALL US AT 203-452-4554
or EMAIL decerbor@trumbullps.org

WE WELCOME ALL SUGGESTIONS AND COMMENTS
PEOPLE HELPING PEOPLE!

THANK YOU FOR ALL YOUR SUPPORT!

