

*Trumbull
Continuing
Education*

FALL 2018

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

Dr. Gary Cialfi, Superintendent
Cheryl Gould, Administrative Secretary

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GENERAL INFORMATION

Location of Classes:

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

Mandated Academic Classes such as: ESL, GED, and NEDP located at Wooster Middle School (see page 3)

Tuition:

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

Enrichment Registration:

All registrations are processed in the order received.

*Online: www.trumbullconted.org

Mail: If you are signing up for more than two courses, attach a second form. Photocopying is acceptable. Include: check(s) or money order. One check may be used to pay for more than one student or course. Tuition for each course is payable upon registration.

Academic Registration:

All registrations must be completed in person. See page 3 for more information.

Confirmation of Registration 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 inclement weather closes Trumbull Public Schools, or there is an early dismissal, ALL Continuing and Adult Education classes will be cancelled. If the public school has a delayed opening, evening classes will be held unless otherwise announced on local radio stations WICC 60, or WEBE 108.

NO CLASSES

- | | |
|------------------|----------------------|
| Septmeber 3: | Labor Day |
| September 10: | Rosh Rashanah |
| September 19: | Yom Kippur |
| October 8: | Columbus Day |
| October 17: | 8th Grade Open House |
| November 21: | Thanksgiving Recess |
| December 19: | Winter Concert |
| December 24 -31: | Holiday Recess |



Nondiscrimination:

The Trumbull/Stratford Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Trumbull/Stratford Continuing Education nondiscrimination policies should be directed to Gina Eller (203)385-4270.

General Accessibility and Accommodation:

All activities offered by Trumbull/Stratford Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, please contact Joe Viscount 203) 385-4270.

General Educational Development

Accommodations on the GED tests are available for qualified individuals with a disability. For more information, contact Joe Viscount (203) 385-4270. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110. Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section. The GED contact is Debbie Squezello (203) 385-4270.

Fees: No Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section Sec. 10-73a.

**Trumbull/Stratford Continuing
Education
Wooster Middle School
150 Lincoln Street, Stratford, CT
06614
(203) 385-4270**

Trumbull/Stratford Continuing Education
Registration

August 29 @ 5:30-7:30PM Stratford Parents' Place, 719 Birdseye St, Stratford 06615
August 30 @ 2-4PM - Stratford Library, 2203 Main Street, Stratford 06615
August 30 @ 5-9PM- Wooster Middle School, 150 Lincoln Street, Stratford 06614
September 4 @ 5-9PM - Wooster Middle School, 150 Lincoln Street, Stratford 06614

We offer FREE Mandated Classes
for ALL Trumbull Residents:

- *Adult Basic Education(ABE)English and Math
- *General Education Diploma (GED) Prep Classes in English, Math, Social Studies and Science
- *Credit Diploma Classes (CDP) for a High School Diploma
- *National External Diploma Program (NEDP) for a High School Diploma
- *English as a Second Language (ESL)
- *American Citizenship Classes

REGISTRATION PROCEDURE:

- *You must register in person for ABE/GED, American Citizenship, Credit Diploma Program, NEDP, and English as a Second Language (ESL).
- *Each registrant must provide proof of age (birth certificate, passport, CT ID), and two proofs of Trumbull residency (mortgage/lease/rent receipt and utility bill (no phone or cable TV), or a notarized Declaration of Legal Residency Form.
- *GED registrants 17 and 18 years of age must also provide proof of official withdrawal from their previous high school.
- *Credit Diploma registrants (Evening High School) must provide an official transcript either faxed: (203) 386-3163 or mailed with school seal and proof of an Official Withdrawal form obtained from previous high school in order to register.

Limited bus passes offered to Trumbull residents to attend any of the mandated classes.



ARTS & CRAFTS

Wheel Thrown Pottery 0008

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 \$50.00 is payable to instructor first night of class. Class Limit is 12.

Mondays **8 Weeks** **\$140.00**
September 24 **6:00 - 8:00** **Room M-13**



Beginner Crochet 0009

Lisa Paniccia

This workshop teaches beginner level crocheting. We will discuss hooks, yarns, stitches, and patterns. The basics of crocheting will be taught including how to make a slip knot, how to make a chain stitch, and how to single crochet. At the end of the course, the student will be able to crochet a small project, such as a scarf or a hat. Students should bring a crochet hook and yarn. A larger crochet hook is recommended for beginners, such as a size H, I, or J. Also, cotton yarn is generally recommended, but any yarn is acceptable.

Tuesdays **4 Weeks** **\$100.00**
September 25 **5:45 - 7:15** **Room M-4**

Watercolor-Beginner 0010

Denise Cirillo-Romaniello

This course is for beginners, intermediates, or advanced artists. Learn how to use this wonderful medium and have fun with it. Experience how to control your paint and have it do what you want it to do, not what it wants to do! Watercolor is fun and easy. Join us. There is always something new to learn. *Please contact instructor for supply list:*

Dcirillohappytrees@gmail.com

Mondays **8 weeks** **\$140.00**
September 24 **6:30 - 8:30** **M-7**

Oil Painting 0011

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 stresses one-to-one consultation. Limit 12

Wednesdays **10 Weeks** **\$190.00**
September 26 **7:00 - 9:30** **Room M-7**

Bob Ross Painting Style 0012

Denise Cirillo-Romaniello

This is a Bob Ross Style painting class based on Bob Ross, the PBS TV host of "The Joy of Painting" show that ended in 1994. Now you can learn his wet-in-wet technique by taking this class. Bob used special brushes and special thick, quick drying oil paints along with liquid white to allow a painter (or a beginner) to apply many layers of paint to the canvas while still wet. A painting will be completed in every class. A supply fee of \$55.00 (includes all supplies needed) payable to the instructor on the first night of class.

Tuesdays **5 Weeks** **\$125.00**
October 16 **6:30-9:00** **M-7**

Bob Ross Flower Class 0013

Denise Cirillo-Romaniello

If you are excited by color, then this is the class for you. There is no other subject matter where there are so few color limitations, and color is really what it is all about. This class is about painting flowers the Bob Ross Style. Even if you have not painted much before, with just a couple of brushes and a few basic techniques you will be producing a whole range of exciting flowers. Or if you have painted for years you can learn some exciting new methods to painting vibrant, colorful flowers.

All materials included.

Mondays **2 Weeks** **\$50.00**
December 10 **6:30-8:30** **Room M-7**



CAMERA OPERATIONS

Basic Digital Camera Operations 0014

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 relevant buttons and dials will be explained, enabling you to use your camera to its full potential.

Tuesdays 6 Weeks \$100.00
September 25 7:00 - 9:00 Room C-3



CONNECTIONS TO COLLEGE

College Application That Gets You In 0015

Sue Beresick

This course is designed for those who are applying for college. It offers powerful attention-getting techniques of nationwide program, "Show Don't Tell." You will learn how to interview, ask for recommendations, write essays, and resumes that LEAP off the page.

Wednesday 1 Night \$20.00
September 12 7:00 - 9:00 Room C-5

COLLEGE PREP SAT

These Fall sessions are open to ONLY Grade 11 students.

SAT MATH SAT-M

THS Staff Members

Students will learn specific time management strategies, gain exposure to the format of the non-calculator and calculator sections, and review important mathematics content and skills assessed on the four domains of the math SAT. Regular attendance at each of the six sessions is expected in order to achieve maximum results.

October/November 6 Weeks \$105.00
DATES TO BE DETERMINED
2:30 - 4:00 Room A-4

SAT ENGLISH SAT-E

Critical Reading/Writing

THS Staff Members

In this prep course, students will acquire various active reading strategies in order to effectively answer reading questions in a timed setting. Instruction will be given on the most common grammar and usage rules that are tested on the writing portion of the exam. Practice questions will be given throughout the session. Regular attendance at each of the six sessions is expected in order to achieve maximum results.

October/November 6 Weeks \$105.00
DATES TO BE DETERMINED
2:30 - 4:00 Room B-13

COOKING

Cooking Italian With "Patrizia" 0016

Pat Grosso

Join us for a COOKING EXCURSION through ITALY! We will explore the tastes of the different regions of Italy through six weeks of cooking. From appetizers, like eggplant and mozzarella snacks to main dishes, such as soups, seafood dishes, and pasta. We will also make side dishes like escarole, zucchini, and pizza! Enjoy a culinary trip through Italy! Get your taste buds ready for an adventure! Participants should bring an apron, a dish towel, eating utensils, and plates. The lab fee for the class is \$40.00, payable the first night of class, either in cash or check, made out to Patricia Grosso

Wednesdays 5 Weeks \$115.00
September 26 6:00 - 8:00 Room M-3



FINANCIAL

Financial Strategies 0017 **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. Learn how to make appropriate health care decisions, especially who will provide care, where you will 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 on the first night of class.*

Mondays 3 Weeks \$40.00
October 29 6:30 - 8:30 Room C-2

Great Real Estate Deals When 0018 **Buying Or Selling In Difficult Times**

Richard 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 with no money down. 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.*

Tuesday 1 Night \$60.00
October 23 7:45 - 9:30 Room C-4

Secrets- That Wall Street Does 0019 **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.*

Tuesday 1 Night \$60.00
October 23 6:00 - 7:45 Room C-4

How To Drastically Cut Costs In 0020 **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 can lose your job, and want to learn how to save thousands 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. These will be discussed in detail, as well as, money saving websites. *Optional material fee \$20.00.*

Tuesday 1 Night \$60.00
October 23 6:00 - 7:45 Room C-5



Entrepreneurship 0021

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.*

Tuesday 1 Night \$60.00
October 23 7:45 - 9:30 Room C-5

5 Stages of Business for Skilled Trade Business Owners 0022
Maryann Croce

Auto shops, Roofing, Plumbing, Construction, Electrical, HVAC, Landscaping businesses, and more. You know who you are. As a trade business owner since 1999, the challenges we face are real. Quality team members, valued customers and business financial health, are all key to operate and grow a sustainable business. Focus on the right things at the right time to have the business and life you love. This is about subtracting not adding to your day. You have the grit and drive so stop spinning your wheels. Gain the clarity needed to move your business to the next level. Get clear and leave with a repeatable action plan for your next two weeks. Worksheet included.

September 26 1 Night Room C-5
Wednesday 6:30 - 8:00 \$35.00

Medicare Basics.. Get the Facts 0023

Kim McGuire

Are you or a loved one about to turn 65 soon and getting ready to sign up for Medicare? Are you already on Medicare and would like to learn more about your Medicare options? Wondering how to find your way through the maze of Medicare terms? Medicare Assurance Group, LLC invites you to attend this course to learn more about Medicare and your health plan options. During our Medicare 101 session, you will learn; what are the differences between Medicare and other health coverage, what is Original Medicare and are there other options, is Original Medicare enough health coverage, what are Medicare Parts A, B, C, & D, are prescriptions covered, how much will it cost and are there deadlines to enroll? We will also educate you on Medicare Advantage Plans, Part D prescription drug plans and Medicare Supplement plans. The advantages and disadvantages will be discussed in an easy to understand manner. This class is designed to be an informational seminar with ample opportunity for individual questions.

Wednesday 1 Night \$30.00
September 26 6:00 - 7:30 Room C-5



Yoga - Gentle 0024

Deborah Swann E - RYT 500

Stretch and strengthen, let go of stress and increase flexibility in this Gentle class. Practice will combine postures, breath work, meditation and restorative poses to create a sense of well-being in body, mind and spirit. Poses are taught emphasizing alignment and self-awareness to cultivate a sense of confidence and competency. Come let's practice together, explore this ancient practice and experience its remarkable benefits. Bring a mat, block, and towel.

Mondays 8 Weeks \$140.00
September 24 7:15 - 8:30 Media Center

Yoga - Moderate 0025

Deborah Swann E - RYT 500

Stretch and strengthen, let go of stress and increase flexibility in this Moderate Level 1-2 class. Practice will combine postures, breath work, meditation and restorative poses to create a sense of well-being in body, mind and spirit. Poses are taught emphasizing alignment and self-awareness to cultivate a sense of confidence and competency. Come let's practice together, explore this ancient practice and experience its remarkable benefits. Bring a mat, block, and towel.

Wednesdays 8 Weeks \$140.00
September 26 7:00 - 8:15 Media Center



Metta Meditation 0025A

Deborah Swann E - RYT 500

Metta Meditation is an ancient Contemplative practice for cultivating positive attitudes of loving kindness and compassion. Join Deborah as she introduces you to this benevolent meditation originated from the Buddhist tradition. You don't need experience with meditation to gain benefit from this profoundly rich and inspiring practice. Research shows that Metta has immediate and far reaching benefits that increase overall wellbeing, improve positive emotions and reduce stress.

Tuesday 1 Week \$30.00
December 4 7:00 - 8:00 Media Center

Traditional Chinese Exercises and Meditation The Tao of Revitalization 0026

Randall Kirik

This course teaches how to help prevent illness and cure diseases combining simple life enhancing and internal healing exercises with the art of meditation. Discover how to bring life force energy (Chi) into the body to revitalize all organs. Learn to breathe properly, increasing oxygen capacity, and expelling more toxins. Other benefits include strengthening the nervous system, reducing stress, regulating digestive function, managing weight, energizing the heart, liver, lungs, kidneys, endocrine glands, and other organs. It's a natural approach with a proven five thousand year old history to achieving health, happiness, and longevity.

Tuesdays 10 weeks \$145.00
September 25 7:00 - 8:30 Media Center

Introduction to Traditional Chinese Medicine 0027

Randall Kirik

This course discusses some of the basic principles of a natural, holistic approach to the prevention and treatment of illness and disease. A proven approach to healing with a five thousand year old tradition. Learn about basic concepts such as energy (Chi), Yin and Yang and the Five Element Theory. Explained will be the methods practitioners use in diagnosis such as pulse reading. Also the variety of naturopathic and holistic treatments offered such as herbal therapy, acupuncture and the Tao diet.

Mondays 2 weeks \$60.00
September 24 7:00 - 8:30 Room C-3

PiYo-Beginners 0028

Tina Killoran

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. PiYo isn't like standard Pilates and yoga classes, PiYo speeds everything up by introducing you to dynamic, flowing sequences. It has low-impact stretching, strengthening, and bodyweight resistance-based exercises that promote lean muscle development. The pace of this class will be challenging, but adjusted based on the needs of the beginner exerciser. Please bring a yoga mat, towel, and water to hydrate.

Mondays 10 Weeks \$140.00
September 24 6:00 - 7:00 Media Center

Kickboxing For Beginners 0029

Tina Killoran

In this group exercise class, you will learn the basics of kickboxing. Utilizing Mixed Martial Arts inspired movements and higher intensity cardio blasts; kickboxing works your entire body from head to toe. By focusing on proper form and technique, you'll learn how to throw punches and elbows, along with all different kicks and knee strikes to fully engage your body. We'll put together strike combinations that build strength, endurance, flexibility, and coordination all while burning tons of calories. Modifications will be provided for all fitness levels. Wear sneakers, bring water, and a towel.

Wednesdays 8 Weeks \$140.00
September 26 6:00 - 7:00 Aux Gym



Two Week Personal Safety and Self Defense Class 0030

Kyoshi Danilo Torri, 6th Dan Karate Sensei

From high school and college dating to the workplace, to shopping at the mall, harassment and danger are a part of our world. There are easy to learn methods to avoid becoming a victim. Having a plan and practicing “what if” scenarios is the best way to be prepared. This two-week class will teach teen girls and adult women empowering verbal and physical techniques. Taught by Kyoshi Danilo Torri, 6th Dan Karate Sensei with more than 43 years of experience. A female black belt assistant instructor will be at each class. Wear comfortable clothing. Ages 14 – senior citizens are welcome. Parental permission under 18. Location: Hanko Ryu Martial Arts, 2 Daniels Farm Road, 2nd floor.

Wednesday 2 Weeks \$40
September 26 7:15 – 8:30 Martial Arts,
2 Daniels Farm Road,
Trumbull, CT 06611, 2nd floor



Away for the Day

**SEPTEMBER-DECEMBER
2018 SCHEDULE**

Storm King Art Center One of the world’s leading sculpture parks, Storm King boasts 500 acres of fields and rolling hills, the setting for more than 100 spectacular sculptures by artists such as Alexander Calder, Andy Goldsworthy, Barbara Hepworth, Maya Lin, and Henry Moore. Our day will include a guided tour, a boxed lunch, and a tram ride around this stunning Upper Hudson Valley property.
 Wednesday September 26 \$149

“Once” This enchanting Tony Award-winner at the Ivoryton Theater captures the romance between a Dublin street musician and a young woman who believes in his haunting love songs. Lunch at the historic Copper Beech Inn in Ivoryton, CT.
 Sunday October 7 \$153

Lady Katherine Cruise Take a fall foliage cruise on the beautiful Connecticut River while enjoying a sumptuous luncheon buffet.
 Wednesday October 10 \$131

Ellis Island Between 1892 and 1954, more than 12 million immigrants passed through the doors of this historic station in NY Harbor. From displays and letters, from the film “Island of Hope, Island of Tears,” and from National Park Guides we can understand those stories of hardship and tales of hope. You can search for your ancestors on a computer at the Family History Center.
 Wednesday October 17 \$132

“Phantom of the Opera” Westchester Broadway Theatre presents Yeston & Kopit’s unforgettable musical version of this passionate tale of murder, intrigue and romance.
 Wednesday November 7 \$137

“To Kill a Mockingbird” This new Broadway play starring Jeff Daniels as Atticus Finch explores tolerance and justice in the South.
 Saturday December 1 \$215

“Nutcracker” Join us at Lincoln Center for the NYC Ballet’s magical performance of this annual favorite with Tchaikovsky’s memorable score, Balanchine’s elegant choreography, the sumptuous costumes, and glorious sets.
 Friday December 21 \$216

To make a reservation, please call Jill Meyer at 203-226-4310 or e-mail her at jill@awayfortheday.net

GOLF

Get Golf Ready

0031

Bobby Brown PGA Professional at Tashua Knolls.

This course is for beginner and intermediate 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, **class limit 12.**

Mondays 5 Weeks \$135.00
September 10, 17, 24

October 1, October 9 (due to Columbus Day)
5:00 - 6:00 Tashua Knolls



HEALTH & WELLNESS

Essential Oils 101



0032

Barbara Targonski

Join me in this fun class where you will smell and learn how to use essential oils to naturally support; stress, sleep, head tension, seasonal allergies, digestive issues, aches & pain, respiratory, immunity, and so much more, for you and your family. Informational packets will be given to students.

Monday 1 Week \$45.00
September 24 7:00 - 9:00 Room C-4



Essential Oils Make and Take

0033

Barbara Targonski

This is a fun, pamper me, hands-on class where you will learn the basics of essential oils along with making a Head Tension Essential Oil Roller and a Serene Night Time Essential Oil Room Spray. Each student will get a pretty glass oil roller and glass spray bottle with labels for you to take home along with informational packets. Cost of supplies-\$10

Wednesday 1 Week \$45.00
September 26 7:00 - 9:00 Room C-4



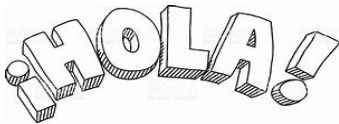
LANGUAGE

Spanish Beginner 0034

Virginia Dileo

Learn to communicate in Spanish, which is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. In this difficult job market, any tool that can give an edge is worth the time investing. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. 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.

Mondays **10 Weeks** **\$150.00**
September 24 **5:30 - 7:30** **Room C-8**



Spanish 2 0035

Virginia Dileo

Learn to communicate confidently in Spanish. This course will provide the student with the skills needed to carry on a conversation! This class can be instrumental in helping with getting a job or an advantage of your current job. If you plan to travel abroad, speaking the language can make the trip much more fun! Prior knowledge of Spanish is helpful.

Tuesdays **10 Weeks** **\$150.00**
September 25 **5:30 - 7:30** **Room C-8**

Portuguese 0036

Virginia Dileo

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.

Wednesdays **10 Weeks** **\$150.00**
September 26 **6:30 - 8:30** **Room C-8**

PERSONAL INTEREST

Substitute Teaching And Para Professional Guide 0037

Maryann Dikranian

This course is designed to provide helpful strategies and techniques for those choosing to become a substitute teacher and/or para professional. The course is divided into four 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 **4 Weeks** **\$85.00**
October 2 **7:00 - 9:00** **Room C-12**

Happily Organized 0038

Susan Lovallo

Marian Arbusto was simply the most organized person in the world. No one knows that better than her daughter, professional organizer, Susan Lovallo. Come and learn some of Marian's tried and true methods for clearing clutter and living a freer life. Her organizing wisdom will help you get your life in order. Bring your mother or daughter, friend or other family members. We'll tackle everything from your paperwork to your junk drawer. Based on Susan's new book, "Happily Organized: Little Stories About My Mom, The Most Organized Person In The World." Marian was a Trumbull resident for over 40 years!

Monday **1 Week** **\$45.00**
November 5 **7:00 - 9:00** **Room C-4**



Voice-Overs...NOW is YOUR Time!

0039

Evan Lacon

In what could be the one of most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will learn about a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! NOW is the best time to make this happen as new companies are looking for new voices more than ever before. This exciting and fun class could be the game changer you've been looking for! Evan Lacon's voice can be heard on corporate trainings, motivational videos, business development videos, and more. He delivers a captivating class and is excited to share his enthusiasm for the voice-over industry with you.

Tuesday October 16 1 Night 6:30 - 8:30 Room C-5 \$50.00



Basketball Clinic

0044

Head Coach Buddy Bray and Assistant Varsity Coach Matt Landin

Basketball Clinic open to all travel teams, AAU and FCBI teams, as well as individual players. This clinic will help in the development of individuals and teams through drills and games. Players must register online or mail in registrations to Trumbull Continuing Education, 72 Strobel Rd, Trumbull CT 06611. Please contact Coach Buddy Bray for more information at cbray@trumbullps.org. There is no discount for the clinic.

Saturdays Grades 5 - 8 5 Weeks \$100.00
September 29 8:30AM - 11:30AM THS Main Gym
October 6, 13, 20, and 27th



TECHNOLOGY

Microsoft Word 0040

Theresa Purdie

Students will learn how to use Microsoft Word to make professional and visually appealing documents. Topics will include learning how to create, save and edit text and paragraphs, setting up tabs and margins, adding borders and shading, inserting headers and footers, adding and formatting page numbers, and creating formatting and editing tables. Students will also learn how to insert clip art in documents, set up brochures, and create newsletters. Students will need a basic understanding of how to use a computer and a mouse.

Wednesdays **2 Weeks** **\$90.00**
September 26 **6:00 - 8:00** **Room A-16**

Introduction to Microsoft Excel 0041

Theresa Purdie

Students will learn how to create professional spreadsheets using Excel. Topics include creating a spreadsheet, editing techniques, inserting formulas and functions, using formatting features, and creating a simple chart. Students will learn how to set up practical and useful spreadsheets including how to set up a basic budget and payroll.

Mondays **2 Weeks** **\$90.00**
October 15 **6:00 - 8:00** **Room A-16**

Microsoft PowerPoint 0042

Theresa Purdie

Students will learn how to create professional slide shows using today's most widely used presentation format, PowerPoint. Topics will include how to create, save and revise slides. Participants will learn how to use tools in PowerPoint including the design, transitions, timing functions as well as how to include video, charts, animations to create engaging presentations.

Wednesdays **1 Week** **\$90.00**
October 24 **6:00-8:00** **Room A-16**

Google Docs, Sheets and Slides Made Easy 0043

Theresa Purdie

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, working with others on those documents in real time. Students will be able to save the documents online and learn how to access their work from their phone or tablet, as well as, their computer. Students will also learn how to upload existing documents from Word, Excel and PowerPoint and convert those documents into a Google document.

Mondays **2 Weeks** **\$90.00**
November 12 **6:00 - 8:00** **Room A-16**



WRITING CREATIVELY

Your Path To Creative Writing - Fiction, Non Fiction, Memoir 0045

Tina DeMarco

We all have a story inside, just waiting to come out. Whether it's fact or fiction, memories or the exploration of an idea to paper. Over the series of classes, we will cover the basics of writing craft including, where to begin and how, character, story, and structure. These are just a few of the elements of craft we'll touch upon. I'll give you handouts and exercises to get started – all in a safe, supported environment. By the time you leave this class, you'll share something only you can write – a memorable piece, scene by living scene. This creative writing workshop will help you find your voice and a clear path to writing your stories. Just remember - Your story is worth telling!

Tuesdays **6 Weeks** **\$125.00**
September 25 **7:00 - 9:00** **Room C-6**



DRIVER EDUCATION PROGRAM



Trumbull High School offers a comprehensive Driver Education Program. This program consists of 30 hours of 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 are available in the THS Main Office or outside the Drivers Ed Office. For upcoming class dates please check the THS website 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 Continuing Ed Office.

TRUMBULL PUBLIC SCHOOLS

Substitute Teachers and Substitute Paraprofessionals,
per diem, all grade levels.

Please contact Kathleen Oliver for more
information at:
203-452-4363.



Substitute Custodians, No Experience Needed

Please contact Debra Kohn
for more information at:
203-452-4306.



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 2018-2019 Preschool Program.

This 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 203-452-4422 for more information.



**REGISTRATION FORM
PRINT CLEARLY**

Name _____
Last First

Address _____
Street City State Zip

Phone _____
Days Evenings Cell

Email _____

COURSE #	COURSE TITLE	FEE
	Senior Citizen 10% Discount	\$
	Total	\$

PAYMENT INFORMATION:

NAME ON CARD _____

CARD # _____ **CVV #** _____

EXP. DATE _____

_____ **CHECK** _____ **VISA** _____ **MASTERCARD**

Checks are payable to Trumbull Continuing Education, 72 Strobel Road, Trumbull CT 06611.

Please read and sign waiver.

Waiver of Participant by parent or self: In consideration of your accepting my or my child's registration and entry, I hereby for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the Trumbull Board of Education, the Trumbull Public Schools, the Town of Trumbull, any of their employees, agents, representatives, successors and assigns, for any and all injuries suffered by myself or my child at the activity sponsored by these groups. I understand there is inherent risk associated with the(se) activity(ies) and authorize emergency medical treatment and transportation in my absence. PHOTO RELEASE: The Trumbull Adult and Continuing Education Program MAY VIDEOTAPE OR TAKE PHOTOGRAPHS OF PARTICIPANTS ENROLLED IN RECREATION ACTIVITIES, CLASSES OR PROGRAMS. THESE PHOTOS AND/OR VIDEOTAPES MAY BE USED FOR PROMOTIONAL PURPOSES. If any of the above participants are minors, I certify by my signature that I am the custodial parent or guardian; or I have the expressed authorization of the custodial parent, or guardian to enroll said participant(s) in the specified activities listed.

Signature: _____ Date: _____ 15

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

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Trumbull



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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 We Welcome All Suggestions And Comments People Helping People!
Thank You For All Your Support!