



*Trumbull Continuing  
Education  
FALL 2021*

**Register Online:  
[www.trumbullconted.org](http://www.trumbullconted.org)  
For information call:  
(203) 452-4554**

*Dr. Martin Semmel, Superintendent*  
*Cheryl Gould, Administrative Secretary*

TABLE OF CONTENTS	
<b>GENERAL INFORMATION</b>	2 - 3
<b>ACADEMIC INFORMATION:</b>	
ESL, CITIZENSHIP, GED, HIGH SCHOOL DIPLOMA	3
<b>ENRICHMENT CLASSES</b>	
ARTS & CRAFTS	4 - 5
CAMERA OPERATIONS	5
COOKING	6
COLLEGE	6
FINANCIAL	6 - 8
FITNESS	8
GARDEN	9
GOLF	9
HEALTH	10
LANGUAGES	10
PERSONAL INTEREST	11
TECHNOLOGY	12-13
DRIVERS EDUCATION	14

**MASKS ARE REQUIRED TO BE WORN**

**NO CLASSES:**

**September 6**    **Labor Day**  
**September 7**    **Rosh Hashanah**

**October 11**    **Columbus Day**  
**October 20**    **8th Grade Open House**

**November 8/9**    **TBD TPAUD**  
**November 16**    **Afternoon/  
Evening Conferences**

**GENERAL INFORMATION**

**Location of Classes:**  
 Enrichment Classes are held at Trumbull High School, 72 Strobel Road, Trumbull CT, unless otherwise specified.  
 Mandated Academic Classes such as: ESL, GED, and NEDP located at 468 Birdseye Street, Stratford, CT 06615

**Tuition:**  
 Tuition is payable upon registration.  
**Non refundable processing fee of \$5.00 on each order.**  
**WE DO NOT PRORATE**  
**WE DO NOT REFUND ONCE A CLASS HAS STARTED.**


**Enrichment Registration:**  
 All registrations are processed in the order received. Must be at least a freshman in high school to attend evening enrichment classes.

**Online:**  
[www.trumbullconted.org](http://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.

**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, WEBE. Online WFSB.com to get all local



**Academic Registration:**

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

**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 James Noga at (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 Joe Viscount (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**

**463 Birdseye Street, Stratford, CT 06615  
(203) 385-4270**

**(ALPHA Entrance of building)**

**FALL registration opens on line  
August 1, 2021**

**<https://www.stratfordk12.org/schools/continuing-education>**

Placement testing for ESL, GED, NEDP, and AMERICAN CITIZENSHIP will begin on August 30 after 4:00PM.

Contact the office for scheduling  
(203) 385-4270

Credit Diploma Classes (CDP) scheduling classes begins August 30, you go in to meet the counselor.

Credit Diploma classes start on  
September 2, 2021

**Classes for ESL, GED, NEDP,  
and AMERICAN CITIZENSHIP  
begin on September 14, 2021**

**Contact Information:**

**[ContinuingEducation@stratk12.org](mailto:ContinuingEducation@stratk12.org)  
(203) 385-4270**



# ARTS & CRAFTS

## **Wheel Thrown Pottery** **0001**

*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 \$60.00 is payable to instructor first night of class. Class Limit is 12.

**Mondays**      **10 Weeks**      **\$160.00**  
**September 27**   **6:00 - 8:00**   **Room M-13**



## **Needle Felting**

*Kayleigh Mihalko*

Needle felting is a type of magic that turns fluffy wool batting into 3D creations. Come join needle felting artist, Kayleigh Mihalko, in a series of Halloween and autumn themed classes. In each class, Kayleigh will walk you through step-by-step as you create unique needle felted 3D sculptures. Supply fee payable to instructor on each night of class \$5.00.

**Class 1:** Introduction to needle felting and easy beginner project: pumpkin.

Learn how to make fuzzy felted pumpkins using wool and a specialized needle. This class is perfect for anyone who has wanted to try needle felting or has never heard of the craft but wants to try something new.

**Class 2:** Spooky Candy Corn. This project is a bit more complicated than the pumpkin, but still easy enough for beginners. We will make a felted candy corn creature with a spooky face!

**Class 3:** Witch's Hat. This class starts to get a bit more complicated, so would be good for intermediate needle felters or those who have taken the first two classes. Witches hats with pumpkin decorations and felted ribbons make wonderful shelf or mantle decorations!

**Class 4:** Jack-o-lantern part 1. Ready for a challenge? We will use the skills learned in the first three classes to create larger pumpkins that we will then add faces to along with some fun stems. This is a project that will take more than two hours, so it will take place over two sessions. See you in part 2!

**Class 5:** Jack-o-lantern part 2. In the second part of the Jack-O-Lantern class, we will continue to add faces and decorations to our pumpkins. Once they are finished, you will have a piece of art to show off at your next Halloween party!

**Mondays**                      **5 Weeks**                      **\$130.00**  
**September 27**              **6:00 - 8:00**                      **Room M-4**



## **Oil Painting** **0002**

*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.

**Wednesdays**      **10 Weeks**      **\$190.00**  
**September 22**      **7:00 - 9:30**      **Room M-7**

## **Revitalizing Life Through Art** **0003**

*Deborah Dean*

Get in touch with your inner artist or just get messy. An enjoyable simple method to basic painting. Stretch your creative skills or discover a hidden talent with an emphasis on fun. Easy approach for skill levels: everyone works at their own level. Supply fee to be paid to instructor first night of class \$30

**Tuesdays**              **5 weeks**              **\$95.00**  
**September 28**      **7:00 - 8:30**      **Room M-7**  
**0004**

**Beginner Crochet** 0005

*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  
**October 5** 6:30 - 7:30 Room M-4

**Ornament Painting** 0006

*Lisa Paniccia*

Come out for a fun night of ornament painting. Supplies include a clear plastic ornament, & paint / marker supplies. Different ornament design ideas will be provided. Supply fee \$5.00 payable to the instructor.

**Wednesday** 1 Night \$29.00  
**December 1** 6:00 - 7:00 Room M-4



**Furniture Painting** 0007

*Daniella Toth*

Learn the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application. Then more advanced layering techniques, including dry brushing under a colored wash, frottage, ombre finish and creating a weathered look with a wet wax technique. No chemicals or stripping. Material fee is \$30 paid to the instructor.

**Mondays** 2 Weeks \$125.00  
**October 25** 6:00 - 9:00 Room M-7

**CAMERA OPERATIONS**

**Exploring Composition** 0008

*(The Joy of Composing and Cropping)*

*John Zappala*

I believe this course would be interesting and beneficial not only to those photographers with conventional camera, but also enthusiastic cell phone photographers. There are many ways to define the art of composition. This course is about exploring them. Anyone who has experienced cropping a photograph or planning where the elements go in a work of art knows the satisfaction a pleasing composition can bring. You can enhance the expression of the idea or feeling you want to convey through its use. Together we will view your images and examples of works of art dating back to the dawn of civilization on though today's fast moving images. As we search through these images we will keep an eye out for interesting composition styles. Photographers, painters, and film makers sculptures are all welcome to join the conversation.

**Mondays** 3 Weeks \$65.00  
**September 27** 7:00 - 9:00 Room C-3

**Basic Digital Camera Operations** 0009

**DSLR & MIRRORLESS**

*John Zappala*

Need help understanding how to use your DSLR camera? Is the instruction manual that came with it almost impossible to understand? This class will guide you to knowing how to take pictures you can be proud of and good knowledge of photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and sharply focused. Whether you are interested in photographing your friends, family, nature landscapes, or sports, this course will certainly enhance your talents. Learn how to freeze the action sports, create beautiful portraits with that blurry background and use your flash as professional fashion and wedding photographers do. Become truly confident in your picture taking abilities. Bring your camera and manual.

**Tuesdays** 6 Weeks \$125.00  
**September 28** 7:00 - 9:00 Room C-3

## COOKING

### Homemade Pasta 0010

*Deb Barbiero*

Learn how to make a different kind of pasta in these 3 weeks!

**Week 1** we will make Homemade Gnocchi and a Bolognese Sauce

**Week 2** we will make Homemade Ravioli and a Vodka Sauce

**Week 3** we will make Homemade Fettuccine with an Alfredo Sauce  
Supply fee \$25 payable to teacher on first night. Space is limited to 6 students.

**Monday 3 Weeks \$100.00**

**November 22 6:30 to 8:30**

Classes are held at:

**Deb's Healthy Plate**

**32 Woodfield Dr, Shelton, CT 06484  
203-929-9414**



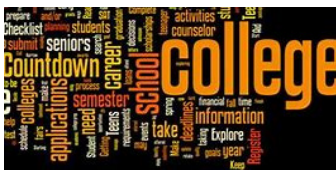
## CONNECTIONS TO COLLEGE

### College Application That Gets You In 0018

*Sue Berescik*

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

**Tuesday 1 Night \$20.00  
September 21 7:00 - 9:00 Room C-6**



## FINANCIAL

### Medicaid and Long Term 0011

#### Care Planning

*Nicole Camporeale*

This course will review how to pay for long term care needs, qualify for the Medicaid/ Title XIX program and protect assets in advance of requiring long term care.

**Tuesday 1 Night \$29.00  
October 5 6:00 - 7:30 Room C-4**

### Estate Planning 101 0012

*Nicole Camporeale*

This class will cover the important Estate Planning documents including a Last Will and Testament, Durable Power of Attorney, Health Care Instructions, and a Revocable Trust. You will also learn the difference between Probate and Non-Probate property and what you need to know about estate taxes.

**Tuesday 1 Night \$29.00  
September 28 6:00 - 7:30 Room C-4**

### Financial Strategies 0013 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 two 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.*

**Tuesdays 3 Weeks \$40.00  
October 19 6:30 - 8:30 Room C-4**

**Medicare Basics.. Get the Facts 0014**

*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.

**Monday 1 Night \$29.00**  
**October 4 6:00 - 7:30 Room C-4**

**Great Real Estate Deals When Buying Or Selling In Difficult Times 0015**

*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.*

**Monday 1 Night \$60.00**  
**October 25 7:45 - 9:30 Room C-4**

**How To Drastically Cut Costs In Difficult Financial Times 0016**

*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 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.*

**Monday 1 Night \$60.00**  
**October 25 6:00 - 7:45 Room C-5**

**Secrets- That Wall Street Does Not Want You to Know About 0017**

*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.*

**Monday 1 Night \$60.00**  
**October 25 6:00 - 7:45 Room C-4**

**Entrepreneurship 0018**

*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.*

**Monday 1 Night \$60.00**  
**October 25 7:45 - 9:30 Room C-5**

**All About Estate Planning & 0019**

**Long Term Care**

*Drazen Rubin Law*

Learn about the importance of proper estate planning, and how you can protect your house & assets even if you need long term care.

**Wednesday 1 Night \$29.00**  
**October 6 6:00 - 7:30 Room C-5**

**What Parents Need to Know 0020**  
**About Special Needs Planning**

*Drazen Rubin Law*

Learn about the estate planning tools that are available to help you protect your assets and provide the care and support needed for kids & adults with special needs.

**Wednesday 1 Night \$29.00**  
**November 17 6:00 -7:30 Room C-5**



**Holistically Health 0021**

*Julia Stelling Hepfer*

Learn to take a more holistically health approach to life through daily choices that support body, mind, and spirit.

**Monday 1 Night \$35.00**  
**September 27 6:30 - 8:00 Media Center**

**Holistically Health 0023**

*Julia Stelling Hepfer*

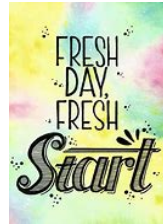
**Monday 1 Night \$35.00**  
**October 25 6:30 - 8:00 Media Center**

**A Night Of Yoga and Mindfulness 0022**

*Julia Stelling Hepfer*

Enjoy a night of gentle and restorative yoga, guided relaxation, and community

**Monday 1 Night \$35.00**  
**November 1 6:30 - 8:00 Media Center**



**Traditional Internal 0023**  
**Healing Exercises and Meditation**

*Randall Kirik*

This course teaches how to help prevent illness and cure diseases combing 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**  
**October 19 7:30 - 9:00 Media Center**



# GARDEN

## It's Thyme: Herb Gardening 0024

*Karel Julian*

Now is the Thyme to grow delicious, fragrant, deer resistant, herbs in your own backyard. Learn to identify, propagate and harvest herbs from your annual, perennial and container gardens.

**Wednesday 1 Night \$29.00**  
**October 6 6:30 - 8:00 Room C-6**



## Intro to Gardening 0025

*Karel Julian*

For beginners learn how to start a simple garden. No dig gardening, garden planning, choosing annuals and perennials for your garden. Sunlight and soil considerations. Mulching and fertilizing.

**Wednesday 1 Night \$29.00**  
**October 13 6:30 - 8:00 Room C-6**

## Poisonous Plants 0026

*Karel Julian*

Learn about poisonous plants that may already exist in your garden. Protect children, pets and those suffering from memory loss from ingesting or handling poisonous indoor and outdoor plants.

**Wednesday 1 Night \$29.00**  
**October 27 6:30 - 8:00 Room C-6**



# GOLF

## Improve Your Short Game 0027

*Tashua Knolls Professional Staff*

A comprehensive approach to the fundamentals of sound putting, chipping, pitching and bunker play. The course will allow student to understand the different uses of their club in various situations. *Class is limited to 12 students*

**Thursdays 4 weeks \$135.00**  
**September 9 5:30 - 6:30 Tashua Knolls**

## Intro To Golf 0028

*Tashua Knolls Professional Staff*

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 includes range balls. Register early, class limit 12.*

**Mondays 5 Weeks \$160.00**  
**September 13 5:30 - 6:30 Tashua Knolls**



## HEALTH

### **How Nutrition Can Reduce Inflammation in your Body** 0029

*Deb Barbiero*

Learn which foods to avoid and to include in your diet to give you more energy, reduce pain and bloat which is a result of inflammation in your body. A great class for people trying to lose weight, manage thyroid, Type II diabetes, and other inflammatory diseases.

**Monday**      **1 Week**      **\$39.00**  
**September 27**    **6:30 -8:00**      **ZOOM**



### **Thyroid Healing Nutrition** 0030

*Deb Barbiero*

What you eat affects how your thyroid works. Learn the foods needed to maintain and improve thyroid health and those to avoid while battling thyroid disease. Your instructor improved her health with proper nutrition while battling Hashimoto's disease. **Monday**      **1 Week**      **\$39.00**  
**October 4**      **6:30 - 8:10**      **ZOOM**



### **Three Day Detox Cleanse** 0031

*Deb Barbiero*

It's time to reclaim your health! Be guided through a simple 3-day cleanse of fresh, seasonal foods while the instructor prepares one of the meals for you to enjoy during class. Receive a shopping list and recipes for breakfast, lunch and dinner for three days.

**Tuesday**      **1 Week**      **\$39.00**  
**October 12**    **6:30 -8:00**      **ZOOM**

### **Gluten-Free Eating** 0032

*Deb Barbiero*

Learn which foods to eat and avoid if you have Celiac disease, gluten intolerance, wheat sensitivity or wheat allergies. It's not just in your foods.

**Monday**      **1 Week**      **\$39.00**  
**November 15**    **6:30 - 8:00**      **ZOOM**

## LANGUAGE

### **Spanish** 0033

*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. 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 27**    **5:30 - 7:30**      **Room C-6**

### **Spanish 2** 0034

*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.

**Mondays**      **10 Weeks**      **\$150.00**  
**September 27**    **7:30 - 9:30**      **Room C-6**

# PERSONAL INTEREST

## **How To Communicate With Your Angels** **0035**

*Robin Tesei*

If you are longing to communicate with your angels, this class is for you! This class will teach you how to access your angels, to receive their inspiring messages through dictated writing, and to learn your angel's name. You can ask your angels about anything in your life that you will like to have, to do, or become. All angel messages will empower you with their loving support, healing, insight, and guidance.

**Tuesday** **1 Night** **\$40.00**  
**October 19** **7:00 - 9:00** **Room C-5**

## **Healing With The Archangels** **0036**

*Robin Tesei*

This amazing workshop will teach you about the 15 powerful Archangels and their roles in healing and guiding you in areas of relationships, money, career, fear blocks, health, and much more. With the help from Archangels Michael and Metatron, this class will teach you healing modalities to clear your mind, body, and soul. We will evaluate your life balance and learn which Archangels can help.

**Tuesday** **1 Night** **\$40.00**  
**October 26** **7:00 - 9:00** **Room C-5**

## **Angel Signs/Numbers** **0037**

*Robin Tesei*

Your angels are frequently giving you messages through signs, such as rainbows, repetitive number sequences, coins, feathers, and hearing meaningful songs. This eye-opening workshop will teach you how to ask the angels for signs, discuss ways the angels show you signs, how to recognize these signs, and what the number sequences mean. A handout of angel numbers and meanings will be provided.

**Wednesdays** **1 Night** **\$40.00**  
**November 3** **7:00 - 9:00** **Room C-5**

## **Angel Cards Readings** **0038**

*Robin Tesei*

Angel cards are a wonderful divination tool to help you receive insightful guidance and empowering messages from your divine angels. You will learn how to do Angel Cards Readings during this hands-on workshop. You will learn how to bless, add intentions, and receive clear messages from the angel cards. Doreen Virtues Angel Oracle Cards can be purchased through Amazon.com or Angels & Co. in Monroe.

**Wednesday** **1 Night** **\$40.00**  
**November 10** **7:00 - 9:00** **Room C-5**

## **Crystals And Angels** **0039**

*Robin Tesei*

The Crystals & Angels workshop combines the healing energy of the Crystals with the divine energy of the Angels, through Crystal Therapy. Crystals are powerful tools and Angels are spiritual beings that assist in healing all areas of our life – physical, spiritual, emotional, financial, and health. We will discuss the healing properties of the most popular Crystals and the Archangels with which they work in harmony. You will also learn how to connect with your Angels, and techniques for cleansing and charging Crystals. As a bonus, I will share Doreen Virtue's messages channeled directly from the crystals and you will receive a crystal as a gift.

**Tuesday** **1 Night** **\$40.00**  
**December 7** **7:00 - 9:00** **Room C-5**



## TECHNOLOGY

### **Resume Writing 0040**

*Theresa Purdie*

Create an effective resume or improve the one you already have. Transform your resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each. This course includes instruction of using resume templates as well as how to set up and format a resume from a blank document.

**Monday 2 Weeks \$100.00**  
**October 18 5:00 - 7:00 Room A-16**

### **Resume Writing 0041**

*Theresa Purdie*

**Monday 2 Weeks \$100.00**  
**November 22 5:00 - 7:00 Room A-16**

### **Introduction to Microsoft Word 0042**

*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 clipart in documents, set up brochures, and create newsletters. Students will need a basic understanding of how to use a computer and a mouse.

**Monday 1 Week \$60.00**  
**September 27 5:00 - 7:00 Room A-16**

### **Introduction to Microsoft Excel 0043**

*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 for a basic budget and payroll. Students will need a basic understanding of how to use a computer and a mouse.

**Wednesdays 2 Weeks \$100.00**  
**October 6 5:00 - 7:00 Room A-16**

### **Introduction to Microsoft Excel 0044**

*Theresa Purdie*

**Wednesday 2 Weeks \$100.00**  
**November 10 5:00 - 7:00 Room A-16**



**Introduction to PowerPoint 0045**

*Theresa Purdie*

Students will learn how to create professional slideshows 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, and timing functions as well as how to include video, charts, and animations to create engaging presentations. Students will need a basic understanding of how to use a computer and a mouse.

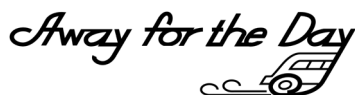
**Monday 1 Week \$60.00  
November 15 5:00 - 7:00 Room A-16**

**Google Docs, Sheets and Slides Made Easy 0046**

*Theresa Purdie*

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, and work 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 learn how to upload existing documents from Word, Excel and PowerPoint and convert those documents into a Google Document.

**Wednesdays 2 Weeks \$100.00  
October 27 5:00 -7:00 Room A-16**



**SEPTEMBER-DECEMBER  
2021 SCHEDULE**

**NY Botanical Garden “Kusama:  
Cosmic Nature” exhibit**

We can view Yayoi Kusama’s multi-faceted polka-dotted installations in the magnificent Enid A. Haupt conservatory, inside the LuEsther T. Mertz Library, and throughout the garden’s varied 250-acre landscape via the tram. The Pantry will provide us with a delicious boxed lunch, which we can eat on the garden’s picnic area.

**Thursday, October 28 \$134**

**“A Grand Night for Singing,” at Good-  
speed Musicals**

Join us to see this delightful Rogers and Hammerstein musical review. Nominated for two Tony Awards, the show which ran on Broadway in 1993, includes many long-time heart-warming, hummable favorites--”Surrey with the Fringe on Top,” “Oh, What a Beautiful Morning,” “Hello, Young Lovers,” “A Wonderful Guy,” “If I Loved You,” “Some Enchanted Evening,” “Something Wonderful,” “This Nearly Was Mine,” “Impossible/It’s Possible,” “Shall We Dance?” etc. You will leave the theater floating on air. Lunch at the Gelston House. Entrees: a) grilled salmon b) bistro steak c) chicken w/wine sauce d) pasta w/ragu sauce

**Wednesday, November 17 \$164**

**To make a reservation, please call  
Jill Meyer at 203-226-4310 or e-mail her  
at [jill@awayfortheday.net](mailto:jill@awayfortheday.net)**

## DRIVER EDUCATION PROGRAM

This is a comprehensive course in driver education. The course consists of thirty hours of interactive classroom experience of which eight hours are devoted to the mandatory Safe Driving Practice which covers the drug and alcohol awareness component. All applicants must be high school students. Trumbull residents receive priority with their applications. Students **MUST** be sixteen years of age by the first session. They must attend at least fifteen two-hour sessions. A parent/guardian will be required by State Law to attend one two-hour session along with their child. This course does not include on the road instruction.

Registration forms will be outside the Continuing Ed Office, or call (203) 452-4554 for more information.

## 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 2021-2022 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
	<b>Senior Citizen 10% Discount</b>	\$
	<b>Non Refundable Processing Fee</b>	\$ <b>5.00</b>
	<b>Total</b>	\$

**Checks are payable to Trumbull Board of Education, 72 Strobel Road, Trumbull CT 06611.**

**PAYMENT INFORMATION:**

**NAME ON CARD** \_\_\_\_\_

**CARD #** \_\_\_\_\_ **CVV #** \_\_\_\_\_

**EXP. DATE** \_\_\_\_\_

\_\_\_\_\_ **CHECK**                      \_\_\_\_\_ **VISA**                      \_\_\_\_\_ **MASTERCARD**

**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: \_\_\_\_\_

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

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

Trumbull



**Postal Customer  
Trumbull, CT 06611**

COMING SOON IN EARLY SPRING  
SUMMER EXPLORATIONS!!!

WE ARE ALWAYS LOOKING FOR NEW IDEAS TO  
ENHANCE OUR SUMMER OFFERINGS!!  
PLEASE SUBMIT TO US BY JANUARY 4, 2022.  
cgould@trumbullps.org

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!