



# FALL 2024



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

Dr. Martin J. Semmel, Superintendent  
Christine Marr, Administrative Assistant

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**GENERAL INFORMATION**

**Location of Classes:**

*Enrichment Classes are held at Trumbull High School, 72 Strobel Road, Trumbull CT, unless otherwise specified.*

**Enrichment Tuition:**

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

**Processing Fee: Non Refundable \$5.00 per order,**

**We do not prorate.**

**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

We accept Visa and Mastercard

**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 full 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 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 information.**

**Mandated Academic Classes**

*ESL, GED, NEDP and CDP,*

There are no fees for Trumbull residents for the mandated academic classes.

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

**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 please 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**  
55 Fotch Street, Stratford, CT 06615  
(203) 385-4270  
[continuingeducation@stratk12.org](mailto:continuingeducation@stratk12.org)

Fall enrollment opens on August 5, 2024 and classes begin on September 3, 2024  
<https://www.stratfordk12.org/page/continuing-education>

**Credit Diploma Classes (CDP)**  
classes begin on September 3, 2024 5:00 - 7:00 PM and 7:00 - 9:00PM

**ESL & GED Program classes begin**  
September 9, 2024  
10:00 - 11:30AM (AM ESL ONLY) 6:00 - 7:30PM and 7:30 - 9:00PM (PM ESL & GED)

**Citizenship Classes begin**  
September 9, 2024  
6:00 - 7:30PM and 7:30 - 9:00PM

Placement testing is by appointment only.  
Testing will begin on August 19, 2024.

**NO CLASSES:** This list of closures are for the classes held at Trumbull High School. Please check the other locations for dates classes are not held. Asterisk (\*) indicates no classes due to building unavailability.

**September 2:** Labor Day

**October 14:** Columbus/Indigenous People's Day

**October 23:** \* No Classes

**November 26:** \* No Classes

**November 27:** Thanksgiving Recess

**December 23 - January 2:** Holiday Recess

**January 20:** Martin Luther King Jr. Day

## ARTS & CRAFTS

### Wheel Thrown Pottery CE01

*Trevor Youngberg*

Students will learn how to center, raise and shape a range of forms throughout the 8-week class. Students can look forward to gaining experience in glazing and electric firing. In addition to the standard earthenware clay that is included with the class, stoneware clay will be provided to students. Stoneware works will be fired in Trevor's wood kiln. All students are welcome to attend the firing social night and the kiln unloading at his residence in Woodbridge. **This course is for beginner students only. Studio fee of \$50.00 is payable to instructor first night of class. Class limit is 12. There are NO discounts for this class.**

**Mondays**      **8 Weeks**      **\$225**  
**Sept. 9**      **6:00 - 8:00**      **Room M-13**



### Brush Pen Calligraphy CE02

*Irene Blumenthal*



This course uses a step by step approach to brush pen calligraphy. No previous experience (or good handwriting) required. The instructor will supply a fudenosuke hard tip brush pen and a pad of Canson Promarker Layout paper for each student, plus a workbook with detailed information on each of the 9 basic strokes, guidelines and exemplars for both lower and upper case letters. **Supply fee \$20 payable to instructor on first night.**

**Tuesdays**      **6 Weeks**      **\$45**  
**Sept. 17**      **7:30 - 8:30**      **Room M-4**

### Oil Painting CE03

*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**      **12 Weeks**      **\$225**  
**Sept. 11**      **7:00 - 9:30**      **Room M-7**

### Create Holiday Cards!

*Jenny Vitali & Michelle Scinto*



Enjoy an evening of crafting your own holiday cards – Thanksgiving, Christmas and Hanukkah. Get creative with paper, stamps and ink. Each night we will create three different holiday cards (two of each – six total). All supplies and tools provided. Envelopes are included. Additional kits will be available for purchase. Each session will be different. **\$10 materials fee payable to instructor per night. There are NO discounts for this class.**

**Session 1**      **CE04**  
**Wednesday**      **1 Night**      **\$25.00**  
**Sept. 18**      **7:00 - 9:00**      **M-4**

**Session 2**      **CE05**  
**Wednesday**      **1 Night**      **\$25.00**  
**Sept. 25**      **7:00 - 9:00**      **M-4**

**Session 3**      **CE06**  
**Wednesday**      **1 Night**      **\$25.00**  
**Oct. 16**      **7:00 - 9:00**      **M-4**

**Session 3**      **CE07**  
**Wednesday**      **1 Night**      **\$25.00**  
**Oct. 23**      **7:00 - 9:00**      **M-4**

## BOATING SAFETY/ CERTIFICATION

### Boating & Personal Water Safety Certificate Class

*Captain Glenn Dean (CT State Approved  
Instructor)*

This all-inclusive class allows you to legally operate a boat and/or personal watercraft, and includes the water ski towing endorsement.

Upon successful completion of the course, students will have knowledge of state and federal boating laws and guidelines and will earn a CT Safe Boating Certificate (often referred to as the “Boater’s License”). The state certified instructor will guide you through the download process which includes a one-time additional payment due to the state of Connecticut of \$50.00 per certificate. You will be certified for life!

Choose one of the following 2 night classes.

<b>Class 1</b>		<b>CE08</b>
<b>Tues. &amp; Weds.</b>	<b>2 Nights</b>	<b>\$75</b>
<b>Sept. 3 &amp; 4</b>	<b>5:00 - 9:00</b>	<b>Virtual</b>

OR

<b>Class 2</b>		<b>CE09</b>
<b>Tues. &amp; Weds.</b>	<b>2 Nights</b>	<b>\$75</b>
<b>Oct. 1 &amp; 2</b>	<b>5:00 - 9:00</b>	<b>Virtual</b>

## BOOK WRITING/ PUBLISHING

### You Wrote a Book, CE10 Now What?

*Jan Kardys*

Gain an insider’s view of book publishing at this program with literary agent, Jan L. Kardys, and Chairman of Unicorn Writers’ Conference. Jan will share her 40 years of experience inside 10 major NYC book publishers on such topics as developing a concept, writing a manuscript, editing, finding a literary agent, query letters, publishing agreements, the various departments within publishing companies, self publishing vs. traditional book publishing, subsidiary rights, marketing, utilizing the most cutting-edge technologies, and social media services to increase visibility to literary agents, publishers and readers alike.

<b>Tuesdays</b>	<b>5 Weeks</b>	<b>\$65</b>
<b>Sept. 17</b>	<b>6:30 – 7:30</b>	<b>Room C-7</b>

## CAMERA OPERATIONS

### Basic Digital Camera CE11 Operations

#### *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 acquire a 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.

<b>Tuesdays</b>	<b>6 Weeks</b>	<b>\$130</b>
<b>Oct. 15</b>	<b>7:00 - 9:00</b>	<b>Room C-3</b>

## COOKING

The following classes are taught by Chef Linda Kolton, a  plant-based chef, cooking coach, and instructor. *Classes are virtual. You will receive a link after you have registered. **Discounts do not apply.***



**Introduction to Whole Food, Plant-Based Eating** CE12

*Chef Linda Kolton*

Have you tried unsuccessfully to make healthy changes to your diet? Do you feel overwhelmed by all the conflicting dietary information? Maybe you've heard that a plant-based diet is good for you but aren't sure where to start. In this online, nutrition education and live cooking class, you'll learn why a whole food, plant-based diet supports your best health and how easy, delicious, and affordable it is to put more plants on your plate! This class includes a video, a live cook-along class, and resources to help you get started. You'll receive a shopping list and recipes so you can cook along in your own kitchen or watch. Together, we'll make: Sweet potato lentil curry with collards, zesty corn and edamame salad, and no-bake brownie bites! Menu is gluten-free, egg-free, dairy-free, oil-free, nut-free.

**Tuesday** 1 Night \$39  
**Sept. 24** 6:00 - 7:30 Virtual

**Let's Beat Cancer!**

*Chef Linda Kolton*

October is Breast Cancer Awareness Month. Half a century ago, the United States declared a "war on cancer," yet current statistics predict that during our lifetime, one in eight women will develop breast cancer. Research has shown that more than one-third of all cancer deaths in the United States are due to poor diet, yet most are unaware of the connection. In this online nutrition education and cooking class series, you'll learn about how certain foods and nutrients work to promote or discourage growth of cancers of all types (including breast cancer) along with live cooking classes with simple recipes that we'll make together. Menu has gluten-free options, egg-free, dairy-free, oil-free, nut-free. Students can take 1 class, some classes, or all 4! \$39 each class or \$139 when you register for the series. *Discounts do not apply.*

**Class 1** CE13

**Introduction to How Foods Fight Cancer (Easy Bean Salad, Black Bean Dip with Baked Tortilla Chips, Veggies in a Blanket)**

**Tuesday** 1 Night \$39  
**Oct. 1** 6:00 - 7:30 Virtual

**Class 2** CE14

**Fueling Up on Low-Fat, High-Fiber Foods (Roasted Red Pepper Hummus with Whole-Wheat Pita Bread and Raw Vegetables, Sweet-and-Sour Stir-Fry, Brown Rice, Gingered Melon)**

**Tuesday** 1 Night \$39  
**Oct. 8** 6:00 - 7:30 Virtual

**Class 3** CE15

**Discovering Dairy and Meat Alternatives (Chickpea Burgers, Tempeh Broccoli Sauté, Chocolate Raspberry Mousse)**

**Tuesday** 1 Night \$39  
**Oct. 15** 6:00 - 7:30 Virtual

**Class 4** CE16

**Cancer-Fighting Compounds and Healthy Weight Control (Spinach Salad with Citrus Fruit, Zippy Yams and Collards, Buckwheat Pasta with Seitan)**

**Tuesday** 1 Night \$39  
**Oct. 22** 6:00 - 7:30 Virtual

**Gluten-Free, Vegan Baking** CE17

*Chef Linda Kolton*

Living gluten-free and vegan doesn't mean you have to give up treats—and it doesn't mean you have to eat unhealthy, processed foods when you have a craving. You can enjoy brownies, cookies, and muffins while nourishing your body with healthy ingredients. This class will help you take a healthy approach to satisfying cravings. By making simple recipes that focus on whole-food ingredients and that are made without gluten, dairy, eggs, lots of added fats, or refined sugar mean you'll never have to say no to dessert again! In this online class, you'll receive recipes so you can bake along in your own kitchen or watch. Together we'll make: Chickpea Chocolate Chip Cookies, Fudgy Black Bean Brownies, Blueberry-Lemon Morning Muffins. Menu is gluten-free, egg-free, dairy-free, oil-free, nut-free.

*Discounts do not apply.*

**Monday** 1 Night \$39  
**Oct. 21** 6:00 - 7:30 Virtual

## Eating for Diabetes Prevention CE18 and Reversal

*Chef Linda Kolton*

November is National Diabetes Awareness Month. Type 2 and pre-diabetes have become epidemics but there is reason for hope! People who eat plant-based meals are less likely to ever develop diabetes, and for those who are pre-diabetic or already have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications. Learn how you can harness important scientific research to dramatically change the way you look at diabetes. By addressing the causes, this condition can be prevented, managed, and even reversed through diet and lifestyle choices.

Carbohydrates are not the enemy! Hear the latest science behind this approach and consider some simple ideas for getting started. This class includes a video, a live cook-along class, and resources to help you get started. You'll receive a shopping list and recipes so you can cook along in your own kitchen or watch. Together, we'll make: King Kale and Parmesan "Cheese", Yes-You-Can Black Bean Chili, and Poached Pears. Menu is gluten-free, egg-free, dairy-free, oil-free, with nut-free option.

**Discounts do not apply.**

**Tuesday 1 Night \$39**  
**Nov. 6 6:00 - 7:30 Virtual**

## A Plant-Based Thanksgiving CE19 Feast

*Chef Linda Kolton*

Update your holiday traditions with a healthier and more compassionate approach! The Thanksgiving meal can be tricky to prepare (especially if you're serving a mixed crowd with vegans and meat-eaters), but it doesn't have to be! In this online class, you'll "test-drive" three recipes perfect for your Thanksgiving menu: Meatless Meatloaf with Golden Gravy, Garlic Green Beans with Shiitake Bacon, and out-of-this-world No-Bake Pumpkin Pie. This class is perfect for anyone sharing their Thanksgiving meal with a vegan, vegetarian, or health-conscious person, new vegans looking to adopt traditions aligned with their values, or anyone looking to add healthier, plant-based options to the table. Menu is gluten-free, egg-free, dairy-free, with nut-free options.

**Discounts do not apply.**

**Tuesday 1 Night \$39**  
**Nov. 12 6:00 - 7:30 Virtual**

## Cozy Winter Dinner: CE20

### Plant-Based Swedish Meatballs

*Chef Linda Kolton*

Cozy can be healthy! Learn how to use veggies to make meatballs that will melt in your mouth! These Swedish meatballs are made from healthy, whole foods and make the perfect dinner for a cold winter's night. Doused in a rich, tangy gravy and served over a pillow of mashed potatoes, this meal is both nourishing and scrumptious! In this online class, you'll receive the recipes for Swedish Meatballs, Tangy Gravy, and Fluffy Mashed Potatoes so you can cook along in your own kitchen or watch and make later. Menu is gluten-free, egg-free, dairy-free, nut-free. **Discounts do not apply.**

**Tuesday 1 Night \$39**  
**Dec. 3 6:00 - 7:30 Virtual**

## Healthy, Plant-Based Holiday CE21 Appetizers

*Chef Linda Kolton*

It's the most wonderful time of the year and the best time to gather to celebrate with friends and family, but if you think following a plant-based diet means chips and salsa, think again! Celebrate the holidays with style, creativity, and wow-appeal with a menu that will have your guests reaching for more. You'll come away with new ideas and new flavors. Learn how to make a variety of appetizers and nibbles that will make your holiday entertaining healthy, beautiful, and delicious. In this online class, we'll make Roasted Grape Crostini, Mushroom & Walnut Paté, and Creamy Fondue so you can cook along in your own kitchen or watch and make later. Menu is gluten-free, egg-free, dairy-free.

**Discounts do not apply.**

**Tuesday 1 Night \$39**  
**Dec. 10 6:00 - 7:30 Virtual**

## DRIVER EDUCATION

### Driver Education **DEFA2024**

*Knepler Driving School*

Knepler Driving Schools will provide all classroom training to meet the full 30 hour mandatory requirements. This program also includes the mandatory 8-hour Drug and Alcohol program. This program includes 15, two-hour online classroom sessions with one makeup class at the end. The parent/student mandatory program must be attended by one parent or a legal guardian and the student together. The parent/student program must be attended on the evening assigned as there is no makeup for this class. Students are ONLY allowed to miss one class with make-up. Any other missed classes will disqualify the student from obtaining a completion certificate. Students who register through Trumbull Continuing Education will receive the on-road driving portion at a discounted rate from Knepler Driving Schools.

**Sept. 9, 11, 16, 18, 23, 25\*, 30**

**Oct. 7, 9, 16, 21, 23, 28, 30**

**Nov. 4, 6^**

**6:00 - 8:00PM** **\$180**  
**ZOOM**

**\* Mandatory Parent Program**  
**^ Make-Up Class**

**Trumbull Continuing Education Office:**  
**203-452-4554**  
**Knepler Driving School:**  
**203-268-6040**



## FINANCIAL

### Medicare Basics...Get the Facts **CE22**

*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 \$29.00**  
**Sept. 25 6:00 - 7:30 Room C-5**

### Secrets That Wall Street Does **CE23** Not Want You to Know

*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 \$70.00**  
**Nov. 6 6:00 - 8:00 Room C-4**

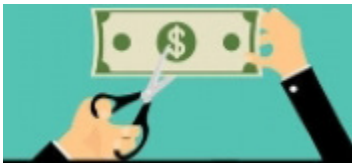


**How To Drastically Cut Costs    CE24**  
**Difficult Financial Times**

*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 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, hundreds of money saving websites. *Optional material fee \$20.00.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Nov. 6</b>	<b>6:00 - 8:00</b>	<b>Room C-5</b>



**Entrepreneurship: Starting    CE25**  
**Your Own Business With Little**

**Money Down**

*Beverly Nathan*

You will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. You will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. The instructor, Bev Nathan is a successful business person with over 20 years of experience. She began a part-time, home-based business and upon her retirement it became a successful full-time business in an office complex. *Optional material fee \$20.00.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Nov. 6</b>	<b>8:00 - 10:00</b>	<b>Room C-5</b>

**How to Drastically Cut    CE26**  
**College Costs**

*Richard Nathan*

You will learn to negotiate from strength when dealing with college costs. You will be taught about the pluses and minuses of loans, grants, parent plus loans, scholarships and direct federal loans. We will go in depth on merit scholarships which is key to reducing costs. Other cost cutting ways will be discussed such as: college loan websites, outstanding college loan books, and the common data set. After this class you will be able to deal from strength with the financial aid office. The instructor, Richard Nathan, is strictly a consumer advocate who has been teaching this course to adults at various high schools and colleges. He wants to prevent parents and their children from getting stuck with massive college loans. *Optional material fee \$20.00.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Nov. 6</b>	<b>8:00 - 10:00</b>	<b>Room C-4</b>

**FITNESS**

**Zumba    CE27**

*Dianne Pikikero*

Lose yourself to the music and find yourself in shape at the original dance party. Features exotic rhythms set to high-energy Latin and international beats. Easy to do, effective, and totally exhilarating.

<b>Wednesdays</b>	<b>6 Weeks</b>	<b>\$120</b>
<b>Sept. 11</b>	<b>6:30 - 7:20</b>	<b>Aux Gym</b>



**Fitness Boxing**  
TITLE Boxing Club

CE28



Participate in a full body, one-hour, trainer-led workout, all while learning the fundamentals of boxing. Fitness boxing is a great way to build strength, endurance, and muscle while empowering yourself! Perfect for general fitness, but also a fantastic program for sports training. Supply fee \$85 (glove/wrap bundle) payable to instructor. Discounts do not apply.

**Tues. & Sat. 8 classes 2x Week \$149**  
**Sept. 17 Tues. 7:00pm - 8:00pm and**  
**Sat. 9:30am - 10:30am**

**All classes held at:**  
**TITLE Boxing Club**  
**169 Cherry Street, Milford**  
**203-701-6100**



**Mixed Level Vinyasa Yoga** CE29  
*Susan Gaspar*



Vinyasa Yoga is a series of postures, one flowing seamlessly into the next uniting mind, body, and breath. Designed as a moving meditation, every Vinyasa class is unique, creating the opportunity to become stronger, more flexible, and balanced; while practicing being present in the moment. Students are encouraged to connect to strength, freedom, and fluidity in the body. Options for increasing and decreasing intensity are given throughout the class, and the use of props (such as blocks and blankets) is encouraged. Expect a well-rounded practice with moments of grounding, as well as moments of adventure. We close each practice with guided meditation to cultivate inner stillness, peace, and spaciousness.

**Participants must bring a yoga mat.**  
**Discounts do not apply.**  
**Wednesdays 6 Nights \$120**  
**Oct. 2 6:30 - 7:30 Media Center**

**GARDENING**

**It's Not Over Yet... Fall Planting** CE30



*Nicole Christensen*

It's not over yet! In this class, we'll plan a "fall garden", discussing what to plant now to extend your growing season in both vegetable and flower beds with tips and tricks. We will also talk about perennials, containers, adding fall color, and thinking of spring with bulb planting tips. Both beginner and seasoned gardeners will benefit from this class!

**Monday 1 Night \$39**  
**Sept. 30 6:30 - 8:30 Room C-3**

**Houseplants 101** CE31

*Nicole Christensen*

Can't wait for warmer weather and gardening? Why not do some indoor gardening? We're talking houseplants! Do you have a hard time with indoor plants? Already a houseplant enthusiast? Expand your knowledge and know how. We will cover all sorts of houseplant situations and offer advice on how to keep your houseplants happy, what plants to choose (and what to avoid), where to place them and how to maintain and overwinter indoor potted plants. From common houseplants to orchids, African violets, and everything in between, we will tackle the different challenges of indoor gardening and learn how to make your houseplants work for you!

**Monday 1 Night \$39**  
**Oct. 28 6:30 - 8:30 Room C-3**

**Fall Garden Tips for Spring Garden Sanity** CE32



*Nicole Christensen*

In this class we will discuss how to put your garden and flower beds "to bed" for the end of the season, how to properly store tools and other garden items, and how and what to prune, and how and what to sanitize. Students will learn how to avoid many preventable garden and yard issues, including diseases and other pests throughout the year by doing a few simple things before cold weather sets in. You'll walk away with some great tips!

**Monday 1 Night \$39**  
**Nov. 4 6:30 - 8:30 Room C-3**

## GENEALOGY

### **Researching Our Roots- CE33** **An Introduction to Genealogy**

*Sarah Miller*

Are you interested in building your family tree? Join instructor Sarah Miller as she presents strategies to begin your ancestral research using a variety of online sources.

We'll focus on American records available and how to locate them. The presentation is followed by guided research time with access to several paid genealogical subscriptions.

Please bring family documents and information, as well as a tablet or laptop.

This class is designed for those just beginning their ancestral research.

**Monday 1 Night \$30**  
**Sept. 23 6:00 - 8:00 Room C-2**

### **Researching Our Roots - CE34** **Digging Deeper**

*Sarah Miller*

Genealogical research is both rewarding and challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family?

Join instructor Sarah Miller as she shares tips and tools to help you dig deeper into your family's past. Sarah will present a case study of how she solved a difficult family mystery, and will introduce international research. She will also discuss strategies to feel confident in sourcing your research.

Please bring any family documents and information you have, as well as a tablet or laptop, for guided research time.

Please bring any family documents and information you have, as well as a tablet or laptop, for guided research time.

**Monday 1 Night \$30**  
**Oct. 21 6:00 - 8:00 Room C-2**

## GOLF

### **Improve Your Short Game CE35**

*Dave Bove*

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

Participants should bring golf clubs.

*Course fee includes range balls. Class limited to 12 students.*

**Thursdays 5 Weeks \$185**  
**Sept. 5 5:00 - 6:00**

**All classes held at Tashua Knolls Golf Course: 40 Tashua Knolls Ln, Trumbull.**

### **Intro To Golf CE36**

*Dave Bove*

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.*

**Class limited to 12 students.**

**Thursdays 5 Weeks \$185**  
**Sept. 5 6:00 - 7:00**

**All classes held at Tashua Knolls Golf Course: 40 Tashua Knolls Ln, Trumbull.**

## HEALTH & WELLNESS

### **Stress Less, Live More: CE37** **An Intro to Meditation & Mindfulness**



*Molly Bryce*

Discover inner peace and balance in this 4 week meditation and mindfulness course. Each class starts with a quick explanation on how different meditations can be helpful tools in your everyday life followed by a guided meditation to experience the results first hand. Week 1 we will discuss how stress and anxiety effect our everyday lives and how we can control that with meditation. Week 2 will focus on our chakras; what they are and how we can realign them to experience more harmony in our lives. Week 3 will introduce tapping, a technique used to release old traumas and anxiety and no longer experience them so strongly. Week 4 we will release old habits or ideas that no longer serve us so we can better experience inner peace. You will leave this course with a deeper understanding of meditation and mindfulness and the tools to be able to calm yourself in any life situation.

**Mondays 4 Weeks \$125**  
**Sept. 16 7:30 - 8:15 Room C-4**

**Tiny Changes, Massive Health Results** CE38



*Kara Rubino*

Life is busy, schedules are overwhelming and it's easy to put self-care as the last item on your to do list. This course will share a wide range of sustainable, time-saving, and efficient ways to build LASTING healthy lifestyle habits into your schedule. You will learn everything from the science of habit formation, to meal prep hacks, to simple snack ideas, to strategical organization techniques. By the end of this course, you will already be on your way to making significant health improvements without sacrificing other important areas of your life or adding additional stress.

**Mondays**      **4 Weeks**      **\$150**  
**Sept. 16**      **6:30 - 8:00**      **Room C-5**

**Instant Guitar for Hopelessly Busy People** CE40

*Craig Coffman*

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+

**Saturday**      **1 Day**      **\$69**  
**Nov. 16**      **1:00pm - 3:30pm**      **Virtual**

**MUSIC**

**Instant Piano for Hopelessly Busy People** CE39

*Craig Coffman*

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

**Saturday**      **1 Day**      **\$69**  
**Nov. 16**      **9:00am - 12:00pm**      **Virtual**



**SAT PREP**

**For juniors and seniors at THS**

**SAT Math**

**SATM**

*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.

**Thursdays**      **6 Weeks**      **\$170.00**  
**Sept. 12**      **2:30 - 4:00**      **Room TBA**

**SAT English**

**SATE**

**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.

**Wednesdays**      **6 Weeks**      **\$170.00**  
**Sept. 11**      **2:30 - 4:00**      **Room B-13**

## SPECIAL INTEREST

### Whispers From Heaven

*Patricia Griffin*

This class/ event helps you to experience the energy and messages that come through in a psychic mediumship reading. A reading allows the medium, Patricia Spina Griffin, to connect to loved ones in spirit to bring closure, peace, and validation. This is not a taught class but an opportunity to be read in a smaller setting. Patricia will read as she is guided to give messages. These messages help to bring validation that your loved ones are always watching over us and still with us although not in physical form.

PATRICIA GRIFFIN is a natural-born medium who in 2014 came to a point where she could no longer deny her gifts and went professional. Based in Monroe, Connecticut, Patricia continues to blaze a trail through her grassroots movement spreading the message that love sees all, believes all and never ends. Communicating with loved ones brings validation and closure. **There are no discounts for these sessions.**

<b>Session 1</b>		<b>CE41</b>	
Monday	1 Night	\$40	
Sept. 16	6:00 - 7:45		Room C-1
<b>Session 2</b>		<b>CE42</b>	
Wednesday	1 Night	\$40	
Oct. 16	6:00 - 7:45		Room C-1
<b>Session 3</b>		<b>CE 43</b>	
Tuesday	1 Night	\$40	
Oct. 29	6:00 - 7:45		Room C-1
<b>Session 4</b>		<b>CE44</b>	
Monday	1 Night	\$40	
Nov. 4	6:00 - 7:45		Room C-1
<b>Session 5</b>		<b>CE45</b>	
Wednesday	1 Night	\$40	
Nov. 13	6:00 - 7:45		Room C-1
<b>Session 6</b>		<b>CE46</b>	
Monday	1 Night	\$40	
Nov. 18	6:00 - 7:45		Room C-1

[pattygriffinmedium.com](http://pattygriffinmedium.com)

### Tarot

**CE47**

*Sally Russo*

Tap into your inner wisdom and begin to explore your intuition through the magic and mystery of the tarot. Please bring a tarot deck to class.

**Wednesday**      **4 Weeks**      **\$60**  
**Sept. 18**      **6:00 - 8:00**      **Room C-3**

## TECHNOLOGY

### Microsoft Word

**CE48**

*Theresa Purdie*

Students will learn how to use Microsoft Word to make professional 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 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.

**Tues. & Wed.**      **2 Nights**      **\$95.00**  
**Sept. 17 & 18**      **5:00 - 7:00**      **Media Center**

### Google Docs, Sheets, and Slides Made Easy

**CE49**

*Theresa Purdie*

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, and 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 learn how to upload existing documents from Word, Excel, PowerPoint, and convert those documents into a Google document. 2 nights per session.

**Tues. & Wed.**      **2 Nights**      **\$95.00**  
**Nov. 12 & 13**      **5:00 - 7:00**      **Media Center**

**Microsoft PowerPoint** CE50

*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, and animations to create engaging presentations.

**Wednesday 1 Night \$65.00**  
**Oct. 30 5:00 - 7:00 Media Center**

**Microsoft Excel** CE51

*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. 2 nights per session.

**Tues. & Wed. 2 Nights \$95.00**  
**Oct. 8 & 9 5:00 - 7:00 Media Center**

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## 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>	<b>\$</b>

**PAYMENT INFORMATION:**

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

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

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

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

**Checks are payable to Trumbull Board of 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

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