



Trumbull Adult
and
Continuing Education
SPRING 2017

NEVER STOP
LEARNING



Register Online:
www.trumbullconted.org

For Information Call:
(203) 452-4554

Welcome To
Trumbull Adult &
Continuing Education

LEARNING IS
A LIFE LONG
EXPERIENCE

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STAFF

Dr. Gary Cialfi, Superintendent
Cheryl D. Gould, Secretary

GENERAL INFORMATION

Location of Classes:

Classes will be held at TRUMBULL HIGH SCHOOL, 72 Strobel Road, unless otherwise specified.



Tuition:

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

Registration:

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

***On Line:**

www.trumbullconted.org



***By Mail:**

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

CONFIRMATION WILL NOT BE SENT.

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

STORM DAY POLICY:

When 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.



There are no classes on the following days:

- January 2, 2017**
New Year's Day
- January 16, 2017**
Martin Luther King Jr.
- February 20, 2017**
Presidents' Day
- March 2, 2017**
Parent/Teacher Conferences
- April 10 - 14, 2017**
Spring Vacation
- May 29, 2017**
Memorial Day

NON-DISCRIMINATION STATEMENT:

The Trumbull Board of Education promotes non-discrimination and an environment free of harassment based upon an individual's race, color, religious creed, religion, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including but not limited to, present or past history of mental disability, intellectual disability, learning disability or physical disability, including, but not limited to, blindness), genetic information, or any other basis prohibited by Connecticut State and/or Federal non-discrimination laws in all of its programs. The Board provides equal access to the Boy Scouts, Girl Scouts, and other designated youth groups.

ACCESSIBILITY AND ACCOMMODATION STATEMENT:

Those needing assistance to gain access to classrooms or any other part of the building should contact Trumbull Continuing Education at (203) 452-4554 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Trumbull Continuing Education.

Accommodations for the GED test are available for qualified individuals with a disability. For more information, contact Sabrina Mancini, Connecticut State Department of Education at 860-807-2110, or email her at sabrina.mancini@ct.gov



ACADEMICS

ESL & GED

Placement Test

New students to Trumbull **ESL** and **GED** must take a placement test prior to being assigned a class. Students should plan to arrive at 6:45PM so they can register for the class prior to taking the test. Tests dates are:

Tuesday, January 10, 2017

Wednesday, January 11, 2017

7:00PM

Room C-1

ESL-Beginner 0002

Patrick Fahey

This course is designed for the students whose primary language is not English, or people with limited English proficiency. Emphasis will be on pronunciation, vocabulary, and conversation. Cultural notes on the United States for everyday living are included.

M & W

10 Weeks

January 23

6:30 - 9:00

Room C-1

ESL-Intermediate 0003

Maryann Dikranian

This course is designed for the students whose primary language is not English. Those who wish to expand his/her knowledge of English pronunciation, conversation, and vocabulary. Basic verb tenses are covered as well as questions and command structures. American culture is also included.

M & W

10 Weeks

January 23

6:30 - 9:00

Room C-12

ESL-Advanced 0004

Citizenship

Virginia Dileo

This course is designed for the students whose primary language is not English. Emphasis is placed on expanding vocabulary and improving pronunciation, grammar, conversational, and writing skills. Instruction for those wishing to become U.S. citizens is also provided.

M & W

10 Weeks

January 23

6:30 - 9:00

Room C-11

Adult Basic 0005 Education English and Math (ABE)

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

M & W

10 Weeks

January 23

6:30 - 9:00

Room C-14

GED Preparation 0006

John Bauby

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

M & W

10 Weeks

January 23

6:30 - 9:00

Room C-14

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

ARTS & CRAFTS

Drawing - Anyone Can Do It! **0007**



Diane Napolitano

This course is for the beginner who would like to draw beautiful portraits. Learn to draw portraits of family, friends, as well as animals, still life, and landscapes using the technique of the old masters. The grid is easy and fun to learn. Contact instructor for supply list: napolitanj@comcast.net

Mondays 8 Weeks \$120.00
January 23 7:00 - 9:00 Room M-7

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 \$160.00
January 30 6:00 - 8:00 Room M-13



Watercolor-Beginner 0009

Anyone Can Do It!

Diane Napolitano

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: napolitanj@comcast.net*

Tuesdays 8 Weeks \$120.00
January 24 7:00 - 9:00 Room M-7



Oil Painting 0010

Michael Barrett

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

Wednesdays 10 Weeks \$190.00
February 8 7:00 - 9:30 Room M-7

Bob Ross Painting Style Class 0011



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 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 payable to the instructor first night of class.**

Mondays 4 Weeks \$80.00
April 24 6:30 - 8:30 Room M-7

CONNECTIONS TO COLLEGE

College Application That Gets You In 0012

Sue Berescik

This course is designed for those who are applying for college. It offers a 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.

Tuesday **1 Night** **\$20.00**
April 25 **7:00 - 9:00** **Room C-5**

Pay For College Without Going Broke 0013

Michael Dailey

Paying for college can be a daunting task. How can parents determine what they can afford before their child begins searching for colleges? Will the family be eligible for need-based or merit aid? Learn the aid disqualifiers and how to eliminate them. This class will show you how to search for colleges that are academic, social, and financial fits. Reports on your family's aid eligibility and aid disqualifiers will be available at no cost. This course is a must for parents who want to maximize their child's eligibility for need-based aid and merit aid regardless of parent income or assets. Develop a game plan for searching and paying for college that you are capable and willing to pay for and avoid the biggest mistakes parents often make.

Tuesday **1 Night** **\$20.00**
April 18 **7:00 - 8:30** **Room C-5**

The Road To College: A Workshop For Students And Parents 0014

Mary Spiegel

The former director of admission and owner of Spiegel College Planning brings her twenty+ years of college admission experience to share with the community, offering a pragmatic approach to the complex process of researching, applying, and gaining admission to college. Gain tips to help you plan your remaining high school years. Hear how colleges read your application file. Ask questions about scholarships and aid. Learn how to develop an appropriate list. Plan effective college visits. Feel confident and prepared to embark on your "road to college!" Parents and students in grades 9 – 11 are encouraged to come.

Tuesday **1 Night** **\$20.00**
April 4 **6:30 - 8:00** **Room C-5**

S.A.T. Prep - Math 0015

Brian Smith

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

For May 6 Exam
Wednesdays **5 Weeks** **\$280.00**
March 15 **6:00 - 8:30** **Room C-2**

S.A.T. Prep - English 0016

John Bauby

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

For May 6 Exam
Tuesdays **5 Weeks** **\$280.00**
March 21 **6:00 - 8:30** **Room C-4**



COOKING

Meals Made Within 0017 An Hour Or At Least, We Hope So

Chef Craig Voytek



We will try to keep it simple but tasty. Join THS's very own, Chef Voytek. It's hard coming home from work or collecting the kids from after school activities and cooking for the family almost every night. I should know, I cook all day long. Chef will offer a variety of pasta, meat, and salad dishes that can be made quickly, but eaten calmly. A \$30.00 lab food fee payable to the instructor on the first night of class. Bring your apron. Class size is limited to 12.

Wednesday 4 Weeks \$75.00
February 1 6:30 - 8:30 Room M6A

DANCE

Line Dancing-Beginner 0018

Deb Linley

Line dancing is great fun because you can do it almost anywhere and you don't need a partner! You can dance for fun, exercise or both! In this beginner class, you will learn choreographed dances with a series of steps which then repeat. If you can count to 8 and know your left from your right foot, you can line dance! Line dancing is continually evolving so there are endless combinations that you can learn. You can dance to most styles of music including pop, country, rock, hip hop and is great for clubs, parties, and events! Wear comfortable shoes, sneakers or boots and bring a bottle of water.

Tuesdays 4 Weeks \$60.00
March 21 7:00 - 8:00 Commons



FINANCIAL

Small Business Owners 0019 GET UNSTUCK!

Maryann Croce

Are you ever frustrated or overwhelmed trying to get it all done? No matter what stage of business you're in, there are always challenges. As a successful local business owner of 17 years, I will share three revenue-generating activities on which to focus. You will discover three no-cost or low-cost tools that save you time. Learn how a pro mindset will take your business to the next level and change your life. Go from "survive to thrive." "After taking this class, you will have action items you can implement right away. You'll gain the confidence needed to become a better leader, generate revenue, save time, and best serve your customers/clients & community.

Wednesday 1 Night \$30.00
March 15 7:00 - 8:30 Room C-5

Financial Strategies 0020 For Successful Retirement

Steven Jacques

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are important to people near retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income, which are appropriate for lifetime use and which assets are appropriate for future generations. 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 first night of class.*

Tuesdays 3 Weeks \$40.00
April 25 6:30 - 8:30 Room C-2

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

0021

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
April 3	6:00 - 7:45	Room C-2

Entrepreneurship

0022

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
April 3	7:45 - 9:30	Room C-5



Great Real Estate Deals When Buying Or Selling In Difficult Times

0023

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
April 3	7:45 - 9:30	Room C-2

How To Drastically Cut Costs In Difficult Financial Times

0024

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.*

Monday	1 Night	\$60.00
April 3	6:00 - 7:45	Room C-5

Debunking The Myths 0025 Of Reverse Mortgages:

Sara Cornwall

Are they right for you? What are reverse mortgages? We will be exposing the four-myths around reverse mortgages, and answering questions such as: Why are reverse mortgage recently so popular? How are reverse mortgages different from other home loans? How do you select a Reverse Mortgage Lender? Whether you are considering a reverse mortgage for yourself or a family member or are just plain curious, this course will provide the in-depth information you should know.

Monday **1 Night** **\$30.00**
March 27 **7:00 - 8:30** **Room C-4**

Asset Protection 0026

Attorney Steven Rubin

My spouse is having a health crisis: How do we stay out of the poor house? Home Care, Nursing Home, Assisted Living: What's the best choice and how do we pay for it? Asset Protection: When a little paranoia is a good thing!

Monday **1 Night** **\$30.00**
February 27 **6:30 - 8:30** **Room C-4**

Medicaid And Veterans 0027 Benefits

Attorney Steven Rubin

Qualifying for Medicaid and Keeping My House: Is it possible? The Veterans' Benefit the Government Doesn't Tell You About Medicaid and Veterans' Benefits Advisors: Unmasking the Frauds, How to keep long term care from becoming a long-term financial crisis.

Monday **1 Night** **\$30.00**
March 6 **6:30 - 8:30** **Room C-4**

Special Needs Requires 0028 Special Planning

Attorney Franklin Drazen

The future of your special needs child or adult can be a constant concern. How do you secure it? There are things to consider such as simple day-to-day expenses as well as paying for the care your loved one deserves. This class will discuss the important steps for you to consider so that you and your family have peace of mind.

Monday **1 Night** **\$30.00**
March 13 **6:30 - 8:30** **Room C-4**

FITNESS

Yoga

0029

Deborah Swann E - RYT 500

Awaken to Spring, strengthen the body, let go of stress, and increase flexibility in this multilevel yoga 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, with your personal practice. Come let's practice together, explore this ancient practice, and experience its remarkable benefits. Dress in comfortable layers and bring a mat, block, and towel.

Mondays **10 Weeks** **\$140.00**
March 6 **7:15 - 8:30** **Media Center**



Yoga

0030

Deborah Swann E - RYT 500

Awaken to Spring, strengthen the body, let go of stress, and increase flexibility in this multilevel yoga 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, with your personal practice. Come let's practice together, explore this ancient practice, and experience its remarkable benefits. Dress in comfortable layers and bring a mat, block, and towel.

Wednesdays **10 Weeks** **\$140.00**
March 8 **7:00 - 8:15** **Media Center**

PiYo-Beginners 0031

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 \$125.00
January 23 6:00 - 7:00 Media Center



Traditional Chinese 0032
Internal Healing Exercises
“The Tao Of Revitalization”

Randall Kirik

The course teaches how to help prevent illness and cure disease with simple life enhancing exercises. Discover how to bring life giving energy into the body and revitalize all the organ systems. Also, manage weight by energizing the digestive system and regulating metabolism. Learn to breathe properly, increasing oxygen capacity while expelling more toxins. The course integrates meditation with exercise to relax the nervous system and reduce stress. It's a natural approach with a five thousand year old tradition to health, happiness, and longevity.

Tuesdays 8 Weeks \$120.00
January 24 7:00 - 8:30 Media Center

Self Defense Class at 0033

Hanko Ryu Martial Arts

Men, Women, Teens through Seniors with 6th Dan black belt Kyoshi Danilo Torri

- Safe, controlled hands-on training
- Customized training based on age, ability
- How to escape grabs & holds
- Home safety & verbal options
- Ground fighting & fall safety
- Effective kicking & punching
- Certificate of completion
- Female black belt at every class
- Class includes physical activity,
- Consult with doctor.
- Under 18 needs parental permission.
- Comfortable clothing, bare feet.

Wednesdays 4 Weeks \$110
January 25 7:15 - 8:15

Classes are held at: 2 Daniels Farm Rd Trumbull (2nd floor above Giove's Pizza)

For more information call 203-445-8845 or www.HankoRyuUSA.org

Get Golf Ready 0034

Bobby Brown

Bobby Brown is the Director of Golf, 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 4 Weeks \$125.00
April 3 5:15 - 6:15 Tashua Knolls

Get Golf Ready Golf

Bobby Brown

Mondays 4 Weeks \$125.00
April 3 6:30-7:30 Tashua Knolls



GARDEN

Vegetable Gardening 0035

Renee Marsh

Want your own vegetable garden but haven't a clue where to start? Then this is the class for you. It is designed for beginners and will cover how to set up and cultivate a small vegetable garden. You will learn the basics of how to create a garden, prepare the soil, and choose the best crops for our climate. We will also discuss how to manage weeds, insects, and common diseases with a focus on organic approaches.

Monday 1 Night \$40.00
March 6 6:30 - 8:30 Room C-5



Perennial Gardening 0036

Renee Marsh

Tired of gardens that take too much care? Done with replanting annuals year after year? Then it's time to learn more about how to have a beautiful, low-maintenance perennial garden. This class will take you through the fundamentals of soil and light requirements and how to select the right plants. We will also look at how to properly plant perennials, and maintain your garden through the seasons including pruning and pest management. Finally, we will review some low-maintenance plants that thrive in our climate.

Monday 1 Night \$40.00
March 13 6:30 - 8:30 Room C-5

Gardening For Birds, Bees, And Butterflies 0037

Renee Marsh

Help your local pollinators flourish! This class will teach you how to grow a naturally healthy garden that will help birds, bees, and butterflies thrive. Plus, you will enjoy a garden with a stunning variety of flowers that bloom throughout the seasons. Plant selection, ecologically sustainable growing practices, and habitat building will all be covered. You will also learn to recognize some of our common native species and understand their lifecycles.

Monday 1 Night \$35.00
March 20 6:30 - 8:00 Room C-5



Groundcover Plants – 0038 Beyond Pachysandra

Renee Marsh



Groundcovers can provide the solution to many of your garden challenges! In addition to providing soil cover and suppressing weeds, they add texture and color to your garden with minimal maintenance. This course will cover a wide range of groundcovers that can thrive in all spots in your garden – in shade, in sun, on slopes, or under trees. From evergreens to deciduous, herbaceous to woody, flowers to foliage, this group of plants will have something for you. Come explore beyond pachysandra and ivy!

Monday 1 Night \$30.00
March 27 6:30 - 7:30 Room C-5

The Beauty Of Ornamental Grasses 0039

Renee Marsh



Beautiful, low-maintenance and easy-growing ornamental grasses can add texture, color, and movement to your garden year round. Grasses come in many colors, sizes, and shapes. Some can even thrive in the shade! This course will introduce you to wide range of native and non-native grasses suitable for Connecticut. We will look at their landscape design qualities, how they can be incorporated into your garden, and how to grow and maintain them.

Monday 1 Night \$30.00
March 27 7:30 - 8:30 Room C-5



HEALTH/ WELLNESS

Mindful Not Mindless 0040 Eating

Valerie Foster, C.M.I., MBSR, And Bill Van Ollefen, C.M.I., MBSR,

More than thirty-five percent of New Year's resolutions are broken by mid-January. If dieting was your resolution, maybe it's time to try something different. This introductory session to mindful eating is fun, informative, and really can change your behavior. Chocolate is involved! You will discover new ways to think about food, the principles of mindful eating, and how a daily meditation will enable you to shut off the voices in your head, an important component to developing a healthy relationship with food.

Monday 1 Night \$35.00
January 23 7:00 - 8:30 Room C-4

Make Natural Products 0041 With Essential Oils

Deana Rae



Come make awesome natural home and spa products using essential oils! In this class, you will make relaxing bath salts, sugar scrubs, a hand sanitizer that smells wonderful and is great for the skin, AND a customized spray designed for your specific needs. These products can support your body if you are dealing with things like arthritis, muscle aches, joint pain, headaches, eczema, and more!! You will have the opportunity to choose from 10 different oils. This is a great way to treat yourself or gift them to your family and friends! Material fee paid to instructor first night of class \$28.00.

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



Away for the Day



SPRING-SUMMER 2017 SCHEDULE

"Sleeping Beauty" The NY Ballet will perform this timeless ballet w/a score by Tchaikovsky, choreography by Balanchine and Martins.
Saturday February 18 \$178

"Sunset Boulevard" In this Broadway musical, Glenn Close plays Norma Desmond, a forgotten silent screen star who seizes an opportunity to make her comeback on the big screen.
Wednesday February 22 \$219

"Thoroughly Modern Millie" Goodspeed will present this delightful musical about an ambitious small-town girl, who comes to New York City to marry for money, not for love.
Wednesday May 17 \$163

Lexington and Concord, MA Join us on this two-day adventure to explore the area's Revolutionary and literary history. Here, "the shot heard 'round the world" was fired, and here, authors Hawthorne, Thoreau, and Alcott lived. We'll stop at Walden Pond, Revolutionary Battle Road, Alcott's Orchard House, the Concord Museum, the North Bridge, and Minute Man Statue.

Wed-Thur May 24-25
Single rm \$407 Dbl rm \$352/person

Four Freedoms Park/Noguchi Museum We'll have a guided tour of both the Isamu Noguchi Museum and the Four Freedoms Park on Roosevelt Island with a memorial celebrating the freedoms Franklin Delano Roosevelt enunciated in his 1941 State of the Union Address.
Wednesday May 31 \$134

Boston This outing will include a guided tour at the Isabella Stewart Gardner Museum plus a day's bus-walking tour to visit the U.S.S. Constitution, Bunker Hill, the MA State House, Beacon Hill, and Harrison Gray Otis Mansion. At the Boston Museum of Fine Arts, we'll see two special exhibitions, and one night, we'll take a Spirit Dinner Cruise around Boston Harbor.

Wed-Fri. June 14-16
Single rm TBD Dbl rm TBD

To receive a complete brochure, with pick-up times and entrée choices, please call Jill Meyer at 203-226-4310 or e-mail jill@awayfortheday.net

Spring Cleaning is More Than Your Closet 0042



Kellie Gordon

Whether you're trying to lose weight, reorganize your home, or find a new relationship spring is the perfect time to work on your goals. This class will give you the steps and tools you need to change what you want in less time than you think.

Tuesdays 4 Weeks \$75.00
April 18 7:30 - 8:30 Room C-1

Discover Mindfulness 0043

Valerie Foster, C.M.I., MBSR, And Bill Van Ollefen, C.M.I., MBSR,

This introductory class is your first step on a journey that will change your life, in a terrific way and forever. Seventy-five percent of Americans are stressed. Seventy-five percent of preventable illnesses are caused by stress. You will learn how to declutter your thoughts, reduce your stress, and bring health, happiness, and meaning into your life through a simple daily meditation.

Tuesday 1 Night \$35.00
January 24 7:00 - 8:30 Room C-4

Introduction To Essential Oils 0044



Deana Rae

Join us to learn about the many natural health benefits essential oils have to offer! In this class, you will learn what essential oils are, why we should use them, how to choose the oils that are most beneficial to you, and most importantly how to use them safely. Material fee \$10.00 payable to instructor first night of class.

Wednesday 1 Night \$40.00
March 1 7:00 - 9:00 Room C-5



HOME

Help! I Hate my Room 0045

Lynda Reid

This will be a fun, hands-on class with group participation. Bring 3-4 photos of ONE room you want to change as well as inspirational photos of how you'd like it to look. We will use these examples to make suggestions on what may be changed/modified to help you achieve your desired look and resources to begin your room's transformation. You will learn about color and how it affects the feeling of a room; what is the focal point of a room and how to create one if you don't have a natural point of interest; and how can textures can enhance a space. Maxium 6 students.

Lynda is known for designing creative, one-of-a-kind projects and specializes in innovative solutions to her clients' biggest design challenges. Lynda Reid Interiors is backed by a team of some of the region's premier tradesmen. The company has access to trade only resources and dozens of vendors and suppliers of fine furnishings and custom products. Lynda is a member of the Interior Design Society, one of the nation's leading associations of design professionals. She earned an interior design degree from the prestigious Traphagen School of Design in New York.

Wednesday 2 Weeks \$60.00
March 22 7:00 - 9:00 Room C-4



LANGUAGE

Italian Travel 0046

Sara Dean

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

Tuesdays 4 Weeks \$85.00
April 4 7:00 - 9:00 Room C-10

Spanish-Beginner 0047

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. Spanish is not a difficult language to learn. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations.

Tuesdays 12 Weeks \$150.00
January 24 5:30 - 7:30 Room C-8

Italian Continuation 0048

Sara Dean

Have you completed the Italian-Beginner class or do you have a basic knowledge of the Italian language? If so, this class is for you. We will continue the study of Italian grammar and will increase your vocabulary by reading short stories and conducting brief conversations in Italian. This course will also include elements of Italian culture and daily life.

Mondays 10 Weeks \$140.00
March 6 7:00 - 9:00 Room C-7



Substitute Teaching 0049
And Para Professional Guide

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
March 7 7:00 - 9:00 Room C-12
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The Art of Creative Writing - Memoir and Personal Essay 0050

Tina DeMarco

We all have a story to tell, a book to write, or family memories that need to be written down. When you keep a written record of those important family moments of shared experience, a family legacy is created. By recording the past, we give insight and meaning to what life was like as we share the timeline of events and our memories with future generations. Even the family gossip matters! This 4 week workshop will give you the tools and inspiration so you can write those special stories. You will learn how to bring your imagination and experiences to life through exercises that will allow your stories to come alive.

Mondays 4 Weeks \$85.00
May 1 7:00 - 9:00 Room C-6



Vision Board Making Class 0051



Deana Rae

Do you need motivation? Do you want to feel inspired? Please join us for this unique class in making your very own vision board! In this class, you will learn the basics of Law of Attraction and visualization techniques. What can be more inspiring than having a beautiful, personal, and “made-by-you” motivational piece to admire every day? The board, magazines, and decorative pieces will be provided. Please feel free to bring any photos, quotes, or magazines of your own. Material fee \$28.00 payable to instructor first night of class.

Tuesday 1 Night \$40.00
January 24 7:00 - 9:00 Room C-5

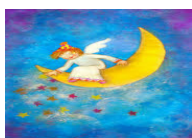


How To Talk To Your Angels 0052

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.

Wednesday 1 Night \$45.00
January 25 7:00 - 9:00 Room C-5



Healing With The Archangels 0053

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.

Wednesday 1 Night \$45.00
February 22 7:00 - 9:00 Room C-5

Angel Signs 0054

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.

Wednesday 1 Night \$45.00
March 15 7:00 - 9:00 Room C-5

Angel Cards Readings 0055

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 \$45.00
April 19 7:00 - 9:00 Room C-5

Crystals And Angels 0056

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, 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 \$45.00
May 10 7:00 - 9:00 Room C-5

Basic Digital 0057

Camera Operations

John Zappala

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

Tuesdays 6 Weeks \$90.00
February 28 7:00 - 9:00 Room C-2



**You're On The Air! 0058
(How to Really Make It In
Voice-Overs!)**

Wendy Shapero

Learn how to get around the competition and actually turn voice-overs into a thriving full or part-time business! You've heard the instructor. Now hear her live as she illustrates how you can actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices all the time.

Thursday 1 Night \$50.00

March 30 6:30 - 8:30

Shelton Intermediate

675 Constitution Boulevard North

Shelton, CT 06484



**Introduction To 0059
Animal Communication**

Gwen Gangi

Have you ever said to yourself "I wish my pet could talk and tell me what is going on!"? Well good news, they can! And even better news, you can learn to hear them yourself! If you have ever been deeply connected to an animal you have communicated with. You just didn't recognize it as such. A professional animal communicator will discuss the basics of telepathy and animal communication. The practical and spiritual benefits will also be discussed. Get advice on what you can and can not expect from an animal communication consultation, and how to best prepare for a consultation. Simple techniques and exercises that will help open you up to communication with All Life will be taught. Bring a photo of your pet to the class, along with some questions you would like to ask them, and you may be selected for a reading during the class.

Tuesday 1 Night \$40.00

April 4 7:00 - 9:00 Room C-6



Animal Communication Workshop

Gwen Gangi

For those who already have an understanding of what animal communication is, this is an intensive immersion workshop designed to have the students experience animal communication for themselves. Work with a professional animal communicator to learn how to recognize your own experiences of animal communication. We are all naturally telepathic, but after centuries of relying only on our five senses to experience the world, we have lost the gift that was once ours. Fortunately, it sleeps safely within us all and a reawakening can bring it forward. The first evening will be class work,. The second we will break through societal and personal barriers that keep us from our gift. The third evening will be spent working with animals that are masters at animal communication. Three dogs and a 30 year old parrot will leave you with no doubt in your mind that you have communicated with her. Students are asked to bring photos of their pets along with questions they wish to ask them as there will be consultations done during the class to demonstrate what we have explored. "Opening up to telepathic communication with other species is a path of opening up to who you are as a being, it is a path of self discovery as well as universal connection. Enjoy the journey!" Penelope Smith **Class limit 16 students (For those to whom animal communication is new, Introduction to Animal Communication is required.)**

This workshop runs three consecutive evenings

Mon, Tues, Wed April 24, 25, 26 3 Nights 7:00 - 9:30 Room C-6 \$80.00

0060

TECHNOLOGY

Introduction to Computer Coding for Two - Parent and You! 0061

Brenda Windsor

Our children are learning to speak a new language. Don't be overwhelmed by the fear of not knowing what they are learning. This class is an opportunity for you to work by your child's side as you both uncover the mystery of computer coding. You will be introduced to different online tutorial programs and be guided through learning about how coding impacts everyday life. Children as young as six are becoming coders. Don't miss this opportunity to learn side by side with your child.

Tuesdays **3 Weeks** **120.00**
March 14 **7:00 - 8:30** **Room A-16**



Introduction To Google 0062

Brenda Windsor

Do you want to use a free alternative to Microsoft Office that has even more features? Do you need to organize your photos, but have no idea where to start? Do you want access to all of your files on any device (tablet, phone or laptop anytime and anywhere?) Google can help you with all of this... and more! Create a new Gmail account, or log in with the one you have, and learn to harness to power of Google and all that it has to offer. This series of classes will help you learn how to get the most out of your free account with Gmail, Calendar, Photos, Google Drive and Google Apps, Google Sites, Blogger and Hangouts.

Wednesdays **3 Weeks** **\$120.00**
April 26 **6:30 - 8:00** **Room A-16**



Google Sheets For Organization 0063

Brenda Windsor

Google Applications has developed Google Sheets to be used similarly to Microsoft Excel. Utilizing Google Forms and Google Sheets, create spread sheets to help manage monthly expense accounts, divide children's chores, or keep track of project development.

Tuesday **1 Night** **\$40.00**
March 7 **6:00 - 8:00** **Room A-16**



PowerPoint For Commemorative 0064

Brenda Windsor

Have you been to a wedding, Bar Mitzvah, or Sweet 16 and seen the neat video collages of pictures set to really cool music? Come learn the ways and be the developer of your own video. Bring pictures to use to create your very first video montage. Graduations are just around the corner!

Tuesdays **2 Weeks** **\$80.00**
April 4 **6:30 - 8:00** **Room A-16**



Social Networking 0065

Brenda Windsor

This course will provide you with a basic understanding of how to utilize the most widely used social networking platforms; Facebook, Twitter, LinkedIn, Pinterest, YouTube, Blogger\Wordpress. Each lesson will provide an overview covering how to open an account, how to maximize your profile, how to build and interact with a network, as well as basic tools and applications designed to enhance your overall experience.

Tuesdays **3 Weeks** **\$120.00**
February 7 **6:30 - 8:00** **Room A-16**

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 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 2017-2018

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: _____

72 Strobel Road, Trumbull, CT 06611
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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!