



*Trumbull Continuing  
Education*

*SPRING 2018*

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

*Dr. Gary Cialfi, Superintendent*  
*Cheryl Gould, Administrative Secretary*

**TABLE OF CONTENTS**

GENERAL INFORMATION	2 - 3
ESL, CITIZENSHIP, GED, HIGH SCHOOL DIPLOMA	3
ARTS & CRAFTS	4
COLLEGE/SAT	5
COOKING	5
DANCE	5
FINANCIAL	6 - 7
FITNESS	7 - 9
GARDEN	9 - 10
GOLF	10
HOME	10
LANGUAGES	10 - 11
PERSONAL INTEREST	11 - 12
SELF IMPROVEMENT	12
TECHNOLOGY	13
DRIVERS EDUCATION	14
REGISTRATION FORM	15

**NO CLASSES**

January 1:	New Years Day
January 15:	Martin Luther King
February 19:	Presidents Day
April 9 - 13:	April Vacation
May 28:	Memorial Day
May 30:	Award Night

**GENERAL INFORMATION**

**Location of Classes:**

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

Academic Classes will be held at Valley Regional Adult Education, 415 Howe Ave., Shelton, CT unless otherwise specified.

**Tuition:**

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

**Enrichment Registration:**

All registrations are processed in the order received.

\*On Line: [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.

**Academic Registration:**

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

**Confirmation of Registration will not be sent,**

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

**Storm Day Policy:**

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



**Nondiscrimination:**

Valley Regional Adult 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, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding Valley Regional Adult Education nondiscrimination policies should be directed to Reina Marasco, Valley Regional Adult Education, 203-924-6651.

**General Accessibility and Accommodation:**

All activities offered by Valley Regional Adult Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact: Lee Wolf, Valley Regional Adult Education, 203-924-6651.

**General Educational Development**

Test Accommodations: Accommodations for the GED® test are available for qualified individuals with a disability. For more information, contact Reina Marasco, Valley Regional Adult Education, 203-924-6651. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110.

**Fees:** No Charge for materials for mandated courses. Valley Regional Adult Education is in compliance with Connecticut General Statutes Sec.10-73a and does not charge fees for registration, textbooks, or materials used in mandated program areas.



**FREE Academic Programs**  
**Valley Regional Adult Education**  
**415 Howe Ave., Shelton, CT 06484**  
**www.vrae.org**

**PROGRAMS**

- English as a Second Language (ESL)
- Adult Basic Education (ABE)
- General Education Development (GED)
- Adult High School Credit Diploma (AH-SCDP)
- American Citizenship

**These programs are offered FREE to Trumbull residents through**  
**Valley Regional Adult Education,**  
**415 Howe Avenue, Shelton, CT 06484.**

**For more information about these FREE classes contact:**  
**Valley Regional Adult Education**  
**203-924-6651**  
**www.vrae.org**

**Classes start in January 2018**



## ARTS & CRAFTS

### Wheel Thrown Pottery 0008

*Trevor Youngberg*

This class will provide the beginning pottery student with the fundamental skills of working on the potter's wheel. Forms covered will be cup, bowl, and vase. Students will learn how to decorate and glaze their creations as well. Students can expect to become proficient with the creation of their own designs while finding a sense of satisfaction in working this challenging medium. All skill levels welcome. Lab fee of \$50.00 is payable to instructor first night of class. Class Limit is 12.

**Mondays**            **8 Weeks**            **\$140.00**  
**January 29**        **6:00 - 8:00**        **Room M-13**

### Beginner Crochet 0009

*Lisa Paniccia*

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

**Tuesdays**            **4 Weeks**            **\$100.00**  
**February 6**        **5:45 - 7:15**        **Room M-4**

### Cricut For Beginners 0010

*Blythe Josovitz*

Learn how to use a Cricut machine to scrapbook, create paper crafts, decorate apparel, design home decor, and more! Explore the basic features of Design Space and make several beginner projects. You do not need to bring a Cricut machine to class. Supply fee \$20.

**Mondays**            **8 Weeks**            **\$140.00**  
**February 5**        **7:00 - 9:00**        **Room M-4**



### Watercolor-Beginner Anyone 0011 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**            **\$140.00**  
**January 23**        **7:00 - 9:00**        **Room M-7**

### Oil Painting 0012

*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**  
**January 24**        **7:00 - 9:30**        **Room M-7**

### Bob Ross Painting 0013

*Denise Cirillo-Romaniello*

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

**Mondays**            **4 Weeks**            **\$100.00**  
**January 22**        **6:30 - 8:30**        **Room M-7**

### Cricut: Beyond The Basics 0014

*Blythe Josovitz*

Use a Cricut machine to explore more advanced features of Design Space, cut custom materials, use writing fonts & pens, and make several projects to take home! You do not need to bring a Cricut machine to class. Supply fee \$20.

**Wednesdays**        **8 Weeks**            **\$140.00**  
**February 7**        **7:00 - 9:00**        **Room M-3**

## COLLEGE PREP SAT

These Spring sessions are open to **ONLY** Grade 11 students.

### SAT MATH SAT-M

*THS Staff Members*

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

Jan/ Feb 6 Weeks \$105.00  
~~\*344.34;~~ ~~\*47.434.444.448+~~ Room A-4

### SAT ENGLISH SAT-E

#### Critical Reading/Writing

*THS Staff Members*

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

Jan/ Feb 6 Weeks \$105.00  
~~\*346.353.49.436.443.44:~~ + Room B-13

## CONNECTIONS TO COLLEGE

### Navigating The College Process 0015 **For Parents and Students**

*Amy Rich*

Navigating the College Process: A workshop for parents and students. Are terms like EDII, demonstrated interest, reach school, and score choice making your head spin? During this session we'll bust some college myths and offer a practical approach to navigating the journey to college. Learn how to identify colleges that are good fits for you academically, socially, and financially. Talk about how to make the most of your remaining time in high school and how to gain the most from a campus visit. Understand how college admissions officers read your application and the fundamentals of scholarships and financial aid.

Tuesday 1 Night \$20.00  
 April 3 7:00 - 9:00 Room C-5

### College Application That Gets You In 0016

*Sue Berescik*

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

Tuesday 1 Night \$20.00  
 April 24 7:00 - 9:00 Room C-5

## COOKING

### Cooking Italian With "Patrizia" 0017

*Pat Grosso*

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

Wednesdays 6 Weeks \$120.00  
 February 7 6:00 - 8:00 Room M-3

## DANCE

### Line Dancing Crash Course 0018 – One Night Only!!

Line dancing is great fun because you can do it almost anywhere and you don't need a partner! If you can count to 8 and know your left from your right foot, you can line dance! Dance to most styles of music including pop, country, rock & hip-hop, line dancing is great for clubs, parties, and events! Wear comfortable shoes, sneakers, or boots, and bring a bottle of water.

Tuesday 1 Night \$25.00  
 April 24 7:00 - 8:30 Aux Gym



# FINANCIAL

## Financial Strategies 0019 For Successful Retirement

*Steven Jacques*

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

**Tuesdays**                      **3 Weeks**                      **\$40.00**  
**March 6**                              **6:30 - 8:30**                      **Room C-2**

## Do What Works™ - Get Unstuck 0020 & Lighten-Up™

*Jon Barb*

How would you like to get unstuck from the biggest business problem and/or the biggest personal problem you are currently facing? Over 80% of past participants have publicly credited Do What Works™ with helping them do exactly that. You will be better able to Do What Works™ immediately with problems, obstacles, and situations you are currently facing, and as a result, better able to move forward in accomplishing your most important goals. Optional Textbook available for purchase from instructor for \$10.00.

**Monday**                              **1 Night**                              **\$30.00**  
**March 5**                              **7:00 - 9:00**                      **Room C-5**

## Secrets- That Wall Street Does 0021 Not Want You to Know About

*Richard Nathan*

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

**Wednesday**                      **1 Night**                              **\$60.00**  
**April 18**                              **6:00 - 7:45**                      **Room C-4**

## Great Real Estate Deals When 0022 Buying Or Selling In Difficult Times

*Richard Nathan*

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying with no money down. He will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class you will know how to research property at the tax assessor's office, the county clerk's office, and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor. *Optional material fee \$20.00.*

**Wednesday**                      **1 Night**                              **\$60.00**  
**April 18**                              **7:45 - 9:30**                      **Room C-4**



## Take Your Small Business To The Next Level 0023

*Maryann Croce*

As a small business owner and business coach I understand "wearing all the hats." Get laser focused to take your business to the next level. Tips on time management, prioritizing, and goal setting will be covered along with low cost and not cost tools you can use. Worksheets included.

**Wednesday**                      **1 Night**                      **May 9**                      **6:30 - 8:00**                      **Room C-5**                      **\$30.00**

**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.*

**Wednesday 1 Night \$60.00**  
**April 18 6:00 - 7:45 Room C-3**

**Medicare Basics.. Get the Facts 0025**

*Kim McGuire*

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

**Wednesday 1 Night \$30.00**  
**April 18 6:00 - 7:30 Room C-5**

**Entrepreneurship 0026**

*Beverly Nathan*

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

**Wednesday 1 Night \$60.00**  
**April 18 7:45 - 9:30 Room C-3**



**PiYo-Beginners 0027**

*Tina Killoran*

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

**Mondays 10 Weeks \$140.00**  
**January 22 6:00 - 7:00 Media Center**

**Traditional Chinese Medicine/ The Tao of Balanced Diet and Nutrition 0028**

*Randall Kirik*

Learn about "food as medicine" through the Five Element Theory and how Traditional Chinese Medicine incorporates a balanced diet and proper nutrition for maximum health and the prevention of illness. Course also discusses how to include various individual Chinese herbs into the diet for health benefits and the prevention of illness.

**Monday 2 Weeks \$60.00**  
**February 5 7:00 - 8:30 Room C-2**

**Yoga 0029**

*Deborah Swann E - RYT 500*

Awaken to Spring, stretch and strengthen, 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. Come let's practice together, explore this ancient practice and experience its remarkable benefits. Bring a mat, block and towel.

**Mondays 8 Weeks \$140.00**  
**March 5 7:15 - 8:30 Media Center**



**Yoga** 0030

*Deborah Swann E - RYT 500*

Awaken to Spring, stretch and strengthen, 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. Come let's practice together, explore this ancient practice and experience its remarkable benefits. Bring a mat, block and towel.

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

**Traditional Chinese Exercises and 0031**  
**Meditation The Tao of Revitalization**

*Randall Kirik*

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

**Tuesdays 10 weeks \$145.00**  
**January 23 7:00 - 8:30 Media Center**

**Yoga Philosophy: The Eight 0032**  
**Limbs of Practice**

*Deborah Swann E - RYT 500*

Yoga has become widely practiced in the United States with growth to more than 20 million people since 2002. You may be familiar with yoga poses (called asana) and breathing techniques (called pranayama) but did you know that these 2 aspects of yoga are only a part of the practice? Join Deborah, to learn about the 8 Limbs of Practice that form the core foundation of this ancient system of well-being that fosters a life of balance, wholeness, and inner strength. Workshop will include presentation, discussion, and a short meditation practice. This is a yoga philosophy talk and is not a physical yoga practice.

**Wednesday 1 Night \$62.00**  
**February 7 6:00 - 8:00 Media Center**



**Kickboxing For Beginners 0033**

*Tina Killoran*

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

**Wednesdays 8 Weeks \$140.00**  
**February 14 7:00 - 8:00 Aux Gym**

**Introduction to Traditional 0034**  
**Chinese Medicine**

*Randall Kirik*

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

**Mondays 2 weeks \$60.00**  
**January 22 7:00 - 8:30 Room C-3**



**Introduction to Meditation & 0035**  
**Mindfulness**

*Walter Durand*

Do you want to be less stressed? Do you want to feel peaceful, energized, and focused? Do you want to be present in the moment and ready to face the future? Meditation & mindfulness will get you there! Meditation & mindfulness will change your life by helping you to more comfortably and powerfully become the best version of yourself. In this course we will learn about and practice important elements of meditation like deep-breathing techniques, mantras, awareness, visualization, zazen, and more. Sessions will include discussion of the concepts in the first half of class, and then guided practice in the latter half of class.

**Monday 2 Weeks \$50.00**  
**May 14 7:00 - 8:00 Media Center**



## Zumba

0036

*Lindsay Mathias*

Ditch the workout and join the party! Get ready to party yourself into shape. Zumba is a fusion of Latin and International music and dance themes that create dynamic and exhilarating workouts. Zumba is designed for every body and any body. Every class is exactly what a workout should be: FUN AND EASY TO DO. Zumba is a total workout that combines all the elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome. Dress comfortably, bring a bottle of water, and prepare to party. Class size is limited to 25.

**Wednesdays 10 Weeks 140.00**  
**February 7 6:00 - 7:00 Sr. Lounge**



## TwoWeek Personal Safety and Self Defense Class

0037

*Kyoshi Danilo Torri, 6th Dan Karate Sensei*

From high school and college dating, to the workplace, to shopping at the mall, harassment and danger are a part of our world. But there are easy to learn methods to avoid becoming a victim. Having a plan and practicing "what if" scenarios is the best way to be prepared. This two-week class will teach teen girls and adult women empowering verbal and physical techniques. Taught by Kyoshi Danilo Torri, 6th Dan Karate Sensei with more than 43 years of experience. A female black belt assistant instructor will be at each class. Wear comfortable clothing. Ages 14 – senior citizens are welcome.

Parental permission under 18.

**Thursdays 2 Weeks \$35.00**  
**February 22 7:15 - 8:30 Hanko Ryu**  
**Martial Arts, 2 Daniels Farm Road,**  
**Trumbull, CT 06611, 2nd floor**



## Vegetable Gardening

0038

*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 19 6:30 - 8:30 Room C-5**



## Perennial Gardening

0039

*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, how to 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 26 6:30 - 8:30 Room C-5**

## Go Green – Toxic Free Cleaning

0040

*Renee Marsh*

For centuries, people cleaned their homes without the arsenal of toxic chemicals sold today. Rediscover nontoxic solutions to everyday problems and avoid unnecessary "greenwashed" commercial products. Learn the science of grime and see how simple ingredients can be combined for effective and inexpensive cleaning and disinfecting. Keep your home fresh and safe for you, your loved ones, and pets. Hands-on: mix and take home your own multi-purpose anti-bacterial spray cleaner, made with essential oil, liquid soap, and other ingredients. The material fee is \$5.00 payable to instructor the night of class.

**Monday 1 Night \$40.00**  
**April 2 6:30 - 8:30 Room C-5**



## Herb Gardening 0041

Renee Marsh

This class will cover the basics on growing herbs. You will learn the soil, light, fertilizer, and climate requirements for the basic herbs like basil, chives, mint, oregano, rosemary, thyme, parsley, as well as, less common herbs such as lavender, anise hyssop, chamomile, cilantro, santolina, and more. We will discuss how to start herbs from seed, how to identify and treat common plant diseases that may affect your herbs and how to attract beneficial insects and pollinators. Finally, you will learn how to harvest, dry, and properly store your herbs. Along the way we will cover the general characteristics, uses and history of herbs.

**Monday 1 Night \$40.00**  
**April 16 6:30 - 8:30 Room C-5**

## Gardening For Birds, Bees, And Butterflies 0042

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 \$40.00**  
**April 23 6:30 - 8:30 Room C-5**

## GOLF

## Get Golf Ready 0043

Bobby Brown PGA Professional at Tashua Knolls.

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs. *Course fee does not include golf balls at the driving range, \$5.00 per bucket.* Register early, **class limit 12.**

**Mondays 5 Weeks \$135.00**  
**April 16 5:00 - 6:00 Tashua Knolls**

**0044**  
**Mondays 5 Weeks \$135.00**  
**April 16 6:15 - 7:15 Tashua Knolls**

## HOME

## Reinvent Your Home To Age At Home Graciously 0045

Colin Healy

People love their homes because home is where the heart is. What happens when getting around the house is not as easy as it once was? Learn about the key adaptations that can make a home more accessible while adding value and beauty. Home Design Transformation Authority and Certified Aging in Place Specialist, Colin Healy, will show you ways to reinvent your home to fit changing needs. Whether caring for loved ones or planning for yourself, you will get insights on how to create safe, luxurious retirement living that does not look like a hospital. Presentation and discussion with free resources. Submit questions to [colinhealy1000@gmail.com](mailto:colinhealy1000@gmail.com)

**Monday 1 Night \$30.00**  
**April 2 7:00 - 9:00 Room C-3**

## Navigating the Real Estate Market: Smart Home Buying and Selling 0046

Susan M. Corvo

How can you be a smarter buyer and seller? Learn how to understand your home's market value and determine when is the right time to sell. Also learn what needs to be done to your home to prepare it for sale, improve the value and sell faster. The key to this is understanding buyers. Learn when and how to start looking for your next home.

**Tuesdays 2 Weeks \$40.00**  
**February 6 6:30 - 8:30 Room C-5**

## LANGUAGE

## Sign Language 0047

Donishe Uhrlass

Learn the basics of sign language: names, greetings, alphabet, counting, basic vocabulary, and conversation practice. The course is designed for beginners. Students will learn the basics of communicating with deaf people. ASL had its beginnings in Hartford, CT, and is commonly said to be the fourth-most used language in the United States.

**Wednesdays 10 Weeks \$135.00**  
**January 24 7:00 - 8:00 Room C-8**



**Spanish 0048**

*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.

**Tuesdays 10 Weeks \$150.00**  
**January 23 5:30 - 7:30 Room C-8**

**Portuguese 0049**

*Virginia Dileo*

This course is designed for students who have little or no previous knowledge of the Portuguese language. Students will learn the skills needed to read, write, and carry on a basic conversation. If you plan to travel abroad, to Brazil, or any other Portuguese speaking country, learning the language can certainly make the trip more exciting.

**Mondays 10 Weeks \$150.00**  
**January 29 6:00 - 8:00 Room C-8**



**Substitute Teaching And Para Professional Guide 0050**

*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**  
**February 6 7:00 - 9:00 Room C-12**

**Angel Signs 0051**

*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.

**Tuesday 1 Night \$45.00**  
**February 20 7:00 - 9:00 Room C-4**

**Healing With The Archangels 0052**

*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 \$45.00**  
**January 23 7:00 - 9:00 Room C-4**

**How To Talk To Your Angels 0053**

*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**  
**March 20 7:00 - 9:00 Room C-4**

**Angel Cards Readings 0054**

*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.

**Tuesday 1 Night \$40.00**  
**April 17 7:00 - 9:00 Room C-4**

**Crystals And Angels 0055**

*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 \$40.00**  
**May 15 7:00 - 9:00 Room C-4**

**You're On The Air! (How to Really Make It In Voice-Overs!) 0056**

*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.

**Monday 1 Night \$50.00**  
**March 12 6:30 - 8:30 Shelton**  
**Intermediate, 675 Constitution Boulevard**  
**North, Shelton, CT 06484**

**Basic Digital Camera Operations 0059**

*John Zappala*

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

**Tuesdays 6 Weeks \$100.00**  
**February 27 7:00 - 9:00 Room C-3**

**Couponing 0057**

*Maryann Dikranian*

Learn the ins and outs of how to coupon. You will learn how to save on grocery, home, clothing and office supplies.etc. This is a hands on class where you will be organizing and bringing in coupons, sharing ideas, and techniques to save money. Please bring in coupon fliers, scissors and a box to organize coupons.

**Tuesdays 3 Weeks \$70.00**  
**March 6 7:00 - 9:00 Room C-12**



**Your Path To Creative Writing – Fiction, Non-Fiction, Memoir 0058**

*Tina DeMarco*

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

**Tuesdays 6 Weeks \$125.00**  
**January 23 7:00 - 9:00 Room C-6**



**Living A Complaint Free Life 0060**

*Marie Strolin*

Did you know that the average person complains an average of 15- 30 times every day? So why is that a problem? In this session, you will learn what complaining is and how it affects our health, our relationships, our career success and our overall level of happiness. When we change our words, we change our thoughts. And when we change our thoughts, we change our lives. We will also discuss the 5 reasons that people complain and how we can get them to stop. You will also learn about the 21 Day Complaint Free Challenge and how you can conquer it!

**Tuesday 1 Night \$30.00**  
**March 6 7:00 - 9:00 Room C-4**

**How To Discover Your Life's Purpose 0061**

*Tina Kadish*

Identify your happiness zone by discovering the 5 most important things you need to live your life with passion while uncovering the limiting beliefs that are getting in the way of living your purpose. You will gain clarity about your purpose, learn how to get unstuck, and learn the secret to living a passionate life. You will also learn the 3-step formula for living your life with both passion and purpose, and leave with an action plan you can start using immediately.

**Tuesday 1 Night \$30.00**  
**May 1 7:00 - 8:30 Room C-3**

# Away for the Day



## SPRING-SUMMER 2018 SCHEDULE

**“Romeo and Juliet”** The NYC Ballet will perform this timeless ballet w/a sublime, unforgettable score by Prokofiev, and choreography by Peter Martins. Lunch at Le Rivage.

Saturday, February 17 \$202  
DEADLINE: January 19

**“Beautiful”** New Haven’s Shubert Theater presents the story of Carole King, who created “the sound-track of our generation.” Among her classics are “You’ve Got a Friend,”

“I Feel the Earth Move.” Lunch at the Union League Café,

Friday March 9 \$194

**“Come From Away”** On September 11, 2001, all flights to NYC were rerouted, and 38 of them were grounded near Gander, Newfoundland. All who see this deeply touching human musical will feel the kindness that is possible between people of vastly different backgrounds.

Saturday May 5 \$217

**“Book of Mormon”** Two Mormon missionaries try to convert the inhabitants of a Ugandan village. Warning: this play contains strong language and sexual innuendo.

Saturday May 5 \$223

Lunch for both at Pappardella

**“Will Rogers Follies”** This Goodspeed production is an upbeat celebration of a folk hero who “never met a man he didn’t like.”

Lunch at Copper Beech Inn.  
Wednesday May 30 \$174

**Lady Katherine Cruise and Gillette Castle**  
On our cruise aboard the *Mystique*, we can view historic landmarks along the Connecticut River while observing the bird-life firsthand and enjoying a superb buffet luncheon. Later, we’ll tour William Gillette’s idiosyncratic 24-room medieval castle.

Wednesday June 13 STBD

To receive a complete brochure, with pick-up times, locations, and entrée choices, please call Jill Meyer at 203-226-4310 or

# TECHNOLOGY

## Computers For Beginners 0062

Theresa Purdie

This course teaches students how computers work and covers basic terminology. Students will learn how to start up and shut down programs, organize and save files, use a mouse and print documents. Basic software processing programs will be introduced, including Microsoft Word, Excel and PowerPoint. Connecting to the Internet will be covered and students will learn to use browsers and search engines. Courses will include setting up email accounts, and will introduce popular programs such as Facebook. Internet security will also be discussed.

Wednesdays 6 Weeks \$185.00  
January 31 6:00 - 8:00 Room A-16



## Introduction to Microsoft Word 0063

Theresa Purdie

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

Wednesdays 2 Weeks \$80.00  
March 21 6:00 - 8:00 Room A-16

## Introduction to Microsoft Excel 0064

Theresa Purdie

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

Wednesdays 2 Weeks \$80.00  
April 18 6:00 - 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 the THS Main Office or outside the Drivers Ed Office. For upcoming class dates please check the THS website or contact George Romano at 203-452-4577. The Driver's License Road Test is offered at Trumbull High School. Appointments are limited, register early. Applications for the test are available at Continuing Ed Office.

## TRUMBULL PUBLIC SCHOOLS

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

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



Substitute Custodians, No Experience Needed

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



**HEADSTART** is now recruiting children who will be  
3 or 4 years old by December 31 from Trumbull, Monroe,  
Easton, North Bridgeport, Stratford, Fairfield, and Newtown  
for its Fall 2018-2019 Preschool Program.

This program is **FREE** to families who meet the income guidelines.

Priority is given to 4 year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this **FREE**,

Award-Winning, Preschool Program.  
Call 203-452-4422 for more information.



**REGISTRATION FORM  
PRINT CLEARLY**

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street City State Zip

Phone \_\_\_\_\_  
Days Evenings Cell

Email \_\_\_\_\_

COURSE #	COURSE TITLE	FEE
	<b>Senior Citizen 10% Discount</b>	<b>\$</b>
	<b>Total</b>	<b>\$</b>

**PAYMENT INFORMATION:**

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

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

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

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

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

**Please read and sign waiver.**

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ 15

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

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

Trumbull



**Postal Customer**  
**Trumbull, CT 06611**

Trumbull Continuing Education Is Always Looking For New Programs To Offer To Our Community. If You Have One To Offer, And Are Interested In Sharing Your Knowledge,  
Please Call Us At 203-452-4554  
We Welcome All Suggestions And Comments  
People Helping People!  
Thank You For All Your Support!