

Trumbull **Continuing Education**



Spring 2023



Trumbull Continuing Education
72 Strobel Rd
Trumbull, CT 06611
(203) 452-4554
www.trumbullconted.org

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

TABLE OF CONTENTS

GENERAL INFORMATION	2 - 3
ACADEMIC INFORMATION:	
ESL, CITIZENSHIP, GED, HIGH SCHOOL DIPLOMA	3
ENRICHMENT CLASSES	
ARTS & CRAFTS	4
COLLEGE PREP	5
FINANCIAL	5-6
ACADEMIC SUCCESS	6-7
COOKING	7
CAMERA OPERATIONS	7
FITNESS	7-8
GOLF	8
HEALTH & WELLNESS	8-9
MUSIC	10
GARDEN	10
BOATING SAFETY	10
PERSONAL INTEREST	11
TECHNOLOGY	12
PROFESSIONAL DEVELOPMENT	13
CT SECURITY OFFICER	13
AWAY FOR THE DAY	13
DRIVER EDUCATION	14
REGISTRATION FORM	15

GENERAL INFORMATION

Location of Classes:

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

Enrichment Tuition:

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

Processing Fee: Non Refundable \$5.00 per order. We do not prorate.

Enrichment Registration:

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

Online:

www.trumbullcted.org

We accept Visa and Mastercard

Mail:

If you are signing up for more than two courses, attach a second form. Photocopying is acceptable. Include: check(s) or money order. One check may be used to pay for more than one student or course. We also accept Visa and Mastercard. Tuition for each course is payable upon registration. Make checks payable to Trumbull Board of Education and mail to 72 Strobel Rd, Trumbull, CT 06611

Confirmation of Registration will not be

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

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

Mandated Academic Classes

ESL, GED, and CDP, located at 468 Birdseye Street, Stratford, CT. There are no fees for Trumbull residents for the mandated academic classes.

Nondiscrimination:

The Trumbull/Stratford Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Trumbull/Stratford Continuing Education nondiscrimination policies should be directed to James Noga (203) 385-4270, nogaj@stratk12.org

General Accessibility and Accommodation:

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

General Educational Development

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

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

Trumbull/Stratford Continuing Education

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

Entrance on right side of building

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

Credit Diploma Classes (CDP), ESL, & American Citizenship classes begin Jan. 23, 2023.

GED classes begin on Jan. 30, 2023.



NO CLASSES: This list of closures are for the classes held at Trumbull High School. Please check the other locations for dates classes are not held.

**February 15, 22:
March 15:
April 10, 11, 12
May 2, 16, 29, 30,31**

Want To Share Your Knowledge?

Come Join The Trumbull Continuing Education Team To Share Your Special Interests With Others. Call 203- 452-4554 For More Information.

ARTS & CRAFTS

Oil Painting 0001

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.

Tuesdays 12 Weeks \$220.00
7:00 - 9:30 Room M-7
Jan. 24, 31, Feb. 7, 14, 21, Mar. 7, 14, 21, 28, Apr. 4, 18, May 9

Furniture Painting & Decorative Finishes 0002

Daniella Toth

Learn the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application. Then more advanced layering techniques, including dry brushing under a colored wash, frottage, ombre finish, and creating a weathered look with a wet wax technique. **A materials fee of \$30.00 is payable to the instructor on the first night of class.**

Tuesdays 2 Nights \$125.00
Mar. 7 & 14 6:00 - 9:00 Room M-4

Sip & Paint

Theresa Kasun



Creating art is not only fun, studies show it reduces stress and anxiety. Bring a friend and your favorite non-alcoholic beverage* and have fun painting on an 8x10 canvas with non-toxic acrylic paint. Enjoy the evening under the direction of artist Theresa Kasun and let your creativity soar!

Monday 1 Night \$40.00
6:30 - 8:30 Room M-7

Select ONE of the following dates:

Jan. 23.....0003
Feb.27.....0004
Mar. 13.....0005
Apr. 3.....0006

*CT state law prohibits alcohol on school grounds.

Wheel Thrown Pottery 0007

Trevor Youngberg

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

Mondays 8 Weeks \$200.00
6:00 - 8:00 Room M-13
Jan. 23, 30, Feb. 6, 13, 27, Mar. 6, 13, 20



Calligraphy for Beginners

Lisa Adam



0008

Calligraphy for beginners is a course for adults with no or little Calligraphy experience who are interested in developing a new skill. The first three classes will be about learning how to hold your calligraphy pen/marker and then practice different motifs, until the learner is comfortable with the tool and application. Then the learner will be guided through alphabet practice sheets. We will go over each letter of the alphabet, both lower and upper cases in Old English style/font. The final three classes will be all about you and your individualized projects. Perhaps you would like to address greeting or holiday card envelopes, write a poem or verse, personalize table cards for a shower/wedding, or other special occasions. You may want to create a synthetic engraving on a champagne glass that says “Cheers” or “Joy”. I am here to support your ideas for your personalized projects. Happy inking! **There is a \$10 materials fee due to the instructor on the first night.**

Mondays 6 Weeks \$120
6:45 - 7:45 Room C-5
Jan. 23, 30, Feb. 6, 13, 27, Mar. 6

COLLEGE PREP

**Spring sessions of SAT 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.

Mondays **6 Weeks** **\$160.00**
2:30 - 4:00 **Room A-9**
Jan. 23, 30, Feb. 6, 13, 27, Mar. 6

SAT ENGLISH **SAT-E1**

Critical Reading/Writing

THS Staff Members

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

Wednesdays **6 Weeks** **\$160.00**
2:30 - 4:00 **Room B-13**
Jan. 25, Feb. 1, 8, 15, 22, Mar. 1

SAT ENGLISH **SAT-E2**

Critical Reading/Writing

This class will only run if SAT-E1 reaches capacity.

THS Staff Members

Thursdays **6 Weeks** **\$160.00**
2:30 - 4:00 **Room B-13**
Jan. 26, Feb. 2, 9, 16, 23, Mar. 9



FINANCIAL

How To Drastically Cut Costs In **0009**
Difficult Financial Times

Beverly Nathan

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you can lose your job, and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance, and methods to reduce school and county taxes on your home. There are many other ways to save a considerable amount of money. These will be discussed in detail, as well as, money saving websites.

Optional material fee \$20.00.

Tuesday **1 Night** **\$70.00**
Mar. 21 **6:00 - 8:00** **Room C-5**

Secrets That Wall Street Does **0010**
Not Want You to Know

Richard Nathan

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

Optional material fee \$20.00.

Tuesday **1 Night** **\$70.00**
Mar. 21 **6:00 - 8:00** **Room C-4**

Great Real Estate Deals When Buying Or Selling In Difficult Times 0011

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 websites. Also, to be discussed is how to sell your home with or without a realtor

Optional material fee \$20.00.

Tuesday 1 Night \$70.00
Mar. 21 8:00 - 10:00 Room C-4



Entrepreneurship: Starting Your Own Business With Little Money Down 0012

Beverly Nathan

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based, second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Franchising will also be discussed. **Optional material fee \$20.00.**

Tuesday 1 Night \$70.00
Mar. 21 8:00 - 10:00 Room C-5

Medicaid and Long Term Care Planning 0013

Attorney Nicole Camporeale

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

Wednesday 1 Night \$29.00
Feb. 8 6:00 - 7:30 pm Room C-5

Medicare Basics.. Get the Facts 0014

Kim McGuire

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

Wednesday 1 Night \$29.00
Apr. 5 6:00 - 7:30 Room C-5

ACADEMIC SUCCESS

The Successful Student: A Parent's Guide 0015



Christine Antipas

Is your child smart but not achieving their potential? Do they miss assignments, lose things, and have difficulty meeting a deadline? This course is designed to give middle and high school parents an overview of executive functioning along with tips and tricks on time management, study skills, organization, and more. Class will end with a brainstorming session to address specific areas of concern about your child.

Wednesday 1 Night \$30.00
Jan. 25 6:30 - 8:00 Room C-5

**The Successful Student:
Work Smarter, Not Harder** 0016



Christine Antipas

Do you struggle with juggling all the expectations in school and other obligations? This class will provide tips and tricks to help you work smarter, not harder, with a focus on time management, study skills, note taking, and organization. Class is for high school freshmen and above.

Wednesdays 2 Nights \$60.00
Feb. 1 & 8 6:00 - 8:00 Room C-6

COOKING

The following cooking classes are offered by instructor Deb Barbiero of Deb's Healthy Plate. During these in-person cooking classes you will learn how to prepare delicious and healthy recipes to boost your mind, body and spirit. You will enjoy eating together what you prepare in class. All classes are held at

Deb's Healthy Plate
32 Woodfield Dr.
Shelton, CT 06484
203-929-9414

Homemade Pierogi 0017

Deb Barbiero

Supply fee \$10 payable to teacher on first night. **There are no discounts for this class.** Space is limited to 6 students.

Monday 1 Night \$39.00
Apr. 17 6:30 - 8:30

Homemade Fettuccine Alfredo 0018

Primavera

Deb Barbiero

Supply fee \$10 payable to teacher on first night. **There are no discounts for this class.** Space is limited to 6 students.

Wednesday 1 Night \$39.00
Apr. 19 6:30 - 8:30

CAMERA OPERATIONS

**Basic Digital Camera Operation 0019
DSLR & MIRRORLESS**

John Zappala

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

Tuesdays 6 Weeks \$130.00
7:00 - 9:00 Room C-6
Jan. 24, 31, Feb. 7, 14, 21, Mar. 7

FITNESS

**Gentle Yoga & Meditation 0020
- Series I**

Jess Rawling

Class will open with gentle, dynamic movement and gradually shift to longer-held poses. The practice concludes with pranayama (regulated breath work) and a long, guided rest to regulate and calm our nervous systems.

Tuesdays 4 Weeks \$100.00
6:00 - 7:00 Media Center
Jan. 31, Feb. 7, 14, 21

**Gentle Yoga & Meditation 0021
- Series II**

Jess Rawling

Class will open with gentle, dynamic movement and gradually shift to longer-held poses. The practice concludes with pranayama (regulated breath work) and a long, guided rest to regulate and calm our nervous systems.

Wednesdays 4 Weeks \$100.00
6:00 - 7:00 Room M-45
Mar. 1, 8, 22, 29

SUMMER EXPLORATIONS 2023

**LOOK FOR THE CATALOG
IN MARCH**



Hula Hoop Dance & Fitness 0022
Lauren Beth "LB" Stein



Not just for kids anymore! With adult sized and weighted hoops, hooping is an easy, fun, and fantastic way to get fit and lose weight. This course will focus on core strengthening, endurance, and toning. Don't own a hoop? No problem! Hoops available, paired specifically with your body size and ability (\$35 to purchase or no cost to borrow). Dress in comfortable clothes to allow free movement. No experience required. All body types welcome!

Tuesdays 8 Weeks \$100.00
7:00 - 8:00 Senior Lounge
Jan. 24, 31, Feb. 7, 14, 21, Mar. 7, 14, 21

Zumba 0023

Dianne Pikikero

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

Wednesdays 6 Weeks \$120
6:30 - 7:20 Senior Lounge
Jan. 25, Feb. 1, 8, Mar. 1, 8, 22

GOLF

Intro To Golf

Tashua Knolls Professional Staff

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs. *Course fee includes range balls.*
Class limited to 12.

Intro to Golf 0024
Thursdays 5 Weeks \$185
Apr. 13 5:00 - 6:00

OR

Intro To Golf 0025
Thursdays 5 Weeks \$185
Apr. 13 6:00 - 7:00

HEALTH & WELLNESS

Thyroid Management 0026

Deb Barbiero

This course is taught by instructor Deb Barbiero, certified Nutritional Health and Life Coach. You will learn how to manage your thyroid with proper nutrition, which foods are best to eat, and which foods to avoid for your best thyroid health. Deb will also share recipes!

Monday 1 Night \$39.00
Jan. 23 6:30 - 8:30 ZOOM

How to Reduce or Eliminate Inflammation 0027

Deb Barbiero

This course is taught by instructor Deb Barbiero, certified Nutritional Health and Life Coach. If you battle diabetes, obesity, heart disease, autoimmune disease or any other kind of inflammation in your body, this course is for you. Deb will discuss how inflammation gets into the body, what causes inflammation, and what can be done to manage it, reduce it, or completely eliminate it.

Monday 1 Night \$39.00
Feb. 20 6:30 to 8:30 ZOOM

Running 101

Dr. James Silva PT, DPT, OCS



Learn the basic foundations of building a running program for better health, energy, or stress management. Learn to use running as a regular form of cardiovascular exercise while avoiding the typical pitfalls that new or experienced runners can bump into. Review facts and fiction from the sports medicine world. Gain clarity on some common running-related questions: To stretch or not to stretch? How many miles is too many? Run, jog, or walk? Is there a difference? Is running bad for the joints? Can I continue to run after injury or as I progress in age? Have these basic questions and others answered to steer you towards a rewarding running experience.
Please select one of the following sessions:

Running 101 0028
Tuesday 1 Night \$30.00
Jan. 24th 6:30 - 8:00 Room C-4

OR

Running 101 0029
Tuesday 1 Night \$30.00
Mar. 7th 7:00 - 8:30 Room C-4

3-Day Detox 0030

Deb Barbiero

This course is taught by instructor Deb Barbiero, certified Nutritional Health and Life Coach. Deb will share which foods should be eliminated during this 3-day period to cleanse body cells and remove toxins. Students will get a full shopping list of which foods to purchase to do this plan at their convenience as well as a list of recipes for breakfast, lunch and dinner for each day of the 3 Day Detox. Deb's clients have lost anywhere from 2 to 6 lbs. in this 3-day period.

Monday 1 Night \$39.00
Mar. 20 6:30 - 8:30 ZOOM

Understanding the Communication of Neurodivergent Children 0031



Imari Ventura-Rochez, M.S., CCC-SLP

This course helps parents and educators understand the speech and language disorders that present in atypical, special populations. Indicators for referral and at-home and classroom strategies will be provided to assist in intervention. A variety of neuro-atypical profiles will be discussed and how they present in young children. Some of the diagnoses covered will be Autism Spectrum, ADHD, Down Syndrome, and Dyslexia.

Monday 1 Night \$35.00
Jan. 30 7:30 - 9:00 Room C-3

What is the Bilingual Brain? 0032



Imari Ventura-Rochez, M.S., CCC-SLP

How does the brain of a person that speaks one language differ from the brain of a person who speaks two or more languages? In this course we will discuss key differences between monolingual and multilingual language learners. Implications for multilingual instruction and development will be discussed.

Tuesday 1 Night \$35.00
Jan. 31 7:30 - 9:00 Room C-3

Cognitive Communication: Developing a Memory Care Program for Seniors 0033



Imari Ventura-Rochez, M.S., CCC-SLP

Are you or a loved one battling dementia or cognitive decline due to a medical diagnosis or increased age? Understand more about dementia and related cognitive communication disorders in this interesting and interactive course.

Knowledge of the symptoms and stages of dementia may help you to interact with a special senior on a personal level which will show them how much you respect and care for them. At the completion of this course you may be able to develop and implement a memory care management plan that promotes increased communication and safety.

Wednesday 1 Night \$40.00
Feb. 1 7:30 - 9:00 Room C-3

Fall Prevention in Older Adults: What Can You Do?



Melissa Cascio

Have you had a fall recently or has someone you love and care about fallen? Are you worried that this may happen again? I've got good news for you. You don't have to worry anymore. Yes, falls are dangerous and can cause injuries. But with the right strategies, it doesn't have to be that way for YOU. So how can you prevent another fall from happening before someone gets hurt? That's what this course is all about. A step by step guide to get rid of your fear by making simple home modifications as well as a customized home exercise program from a licensed physical therapist.

Tuesday 1 Night \$10.00
6:30 - 8:30 Room C-3

Select ONE of the following dates:

- Jan. 24**0034
- Feb. 7**0035
- Feb. 21**0036
- Mar. 7**0037
- Apr. 4**0038
- May 9**0039

MUSIC

Instant Piano for Hopelessly Busy People 0040

Craig Coffman

Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include: How chords work in a song, How to get more out of sheet music by reading less of it, How to form the three main types of chords, How to handle different keys and time signatures, How to avoid "counting", and How to simplify over 12,000 complex chords

Monday	1 Night	\$59.00*
*price includes a materials fee		
May 8	6:30 - 9:30	ZOOM

Instant Guitar for Hopelessly Busy People 0041

Craig Coffman

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+. Topics include: How chords work in a song, How to form the three main types of chords, How to tune your guitar, Basic strumming patterns, How to buy a good guitar (things to avoid), and How to play along with simple tunes.

Tuesday	1 Night	\$59.00*
*price includes a materials fee		
May 9	6:30 - 9:00	ZOOM

GARDEN

Intro To Gardening - Learn How To Plan Your Outdoor Garden 0042

Karel Julian

Class includes site planning, choice of plants, maintenance, poisonous plants, and using herbs in your landscape. **No discount for this class.**

Tuesday	1 Night	\$29.00
Apr. 4	7:00 - 8:30	Room C-6

It's Thyme - Herb Gardening 0043

Karel Julian

Now is the Thyme to grow delicious, fragrant, deer resistant, herbs in your own backyard. Learn to identify, propagate and harvest herbs from your annual, perennial and container gardens. **No discount for this class.**

Tuesday	1 Night	\$29.00
Apr. 18	7:00 - 8:30	Room C-6

BOATING SAFETY

Boating & Personal Watercraft Safety (certificate class) 0044

G. Dean from Connecticut Boating Certificates LLC

This all-inclusive course allows you to legally operate a boat/personal watercraft, and includes the water skiing endorsement. Upon successful completion of the course, the student will have learned about state and federal boating laws and guidelines. They will have earned a CT Safe Boating Certificate (often referred to as the "Boater's License"). The State Certified instructor will guide you through the download process which includes a one-time additional payment due to the State of Connecticut of \$50.00 per license. You are then certified for life. This will be a ZOOM class. A link will be sent prior to the class. **There are no discounts for this class.**

Last day to register is Friday, March 31, 2023

Apr. 4 & 5	2 Nights	\$80.00
Tues. & Wed.	5:00 - 9:00	ZOOM

PERSONAL INTEREST

How to Communicate with Your Angels **0045**

Robin Tesei

You will learn how to spiritually connect, communicate, and ask for guidance from your Angels, Guardian Angels, and Spirit Guides. Through writing, you will receive loving, guided, inspiring messages, full of wisdom and insight. You will learn the proper steps to ask and receive, and you will learn your angels' name. Communicating with angels is empowering.

www.angelhappiness.com

There are no discounts for this class.

Wednesday	1 Night	\$39.00
Feb. 1	7:00 - 8:30	Room C-5

Healing with the Archangels **0046**

Robin Tesei

You will be awakened to the 15 powerful Archangels and their specialties to heal and guide you with relationships, money, career, school, worries, health, and much more. With the help from the Archangels, you will experience healing practices to balance your mind-body-spirit. We will evaluate your life balance and you will learn which Archangels help strengthen the off-balance.

www.angelhappiness.com

There are no discounts for this class.

Tuesday	1 Night	\$39.00
Feb. 7	7:00 - 8:30	Room C-5

Manifesting Joy **0047**

Robin Tesei

Where is my Joyful spark and how can I feel more Joy? You will learn tools to create more joy and abundance in your life. You will become more open to receiving joy through a guided meditation, affirmations, nurturing your inner child, removing limiting beliefs, joy building prompts, and with tools to enhance gratitude. Robin will also share insightful messages from the Angels regarding joy. www.angelhappiness.com

There are no discounts for this class.

Tuesday	1 Night	\$39.00
Feb. 21	7:00 - 8:30	Room C-5

Forgiveness Healing **0048**

Robin Tesei

Reclaim your personal power, learn to set boundaries, and release the pain holding you back. Forgiveness is not saying the other person's words and actions are okay.

Forgiveness means you are not allowing the other person's words or actions to affect you any longer, which is powerful healing! You will learn tools to release pain, anger, and frustration, plus how to shift the energy to feel calm, self-love, and more peace. Robin shares a miraculous energy-shifting story. www.angelhappiness.com

There are no discounts for this class.

Tuesday	1 Night	\$39.00
Mar. 7	7:00 - 8:30	Room C-5

Angel Signs/Numbers **0049**

Robin Tesei

Angels and loved ones frequently send messages through other people, and through signs such as clouds, numbers, electronics, coins, feathers, songs, and in many other creative ways. You will hear stories of miraculous signs, learn how to ask for signs, how to recognize signs, how to interpret signs, and what the number signs mean. www.angelhappiness.com

There are no discounts for this class.

Tuesday	1 Night	\$39.00
Mar. 14	7:00 - 8:30	Room C-5

Chakras and Energy Clearing **0050**

Robin Tesei

Chakras are energy portals where you absorb and hold onto negative energies, blocks, traumas, and toxins. Therefore, it is extremely important to clear these energy fields, so you are balanced mentally, physically, and emotionally. During class you will experience a chakra clearing through guided meditation. You will learn the importance of your chakras, and their impact on your life when cleared or when blocked. You will learn practices to clear them at home as well. www.angelhappiness.com

There are no discounts for this class.

Wednesday	1 Night	\$39.00
Mar. 29	7:00 - 8:30	Room C-5

TECHNOLOGY

Microsoft PowerPoint

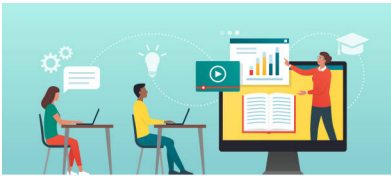
Theresa Purdie

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

Microsoft PowerPoint	0051
Wednesday 1 night	\$65.00
Feb. 8 5:00 - 7:00	
Media Center	

OR

Microsoft PowerPoint	0052
Wednesday 1 night	\$65.00
Mar. 29 5:00 - 7:00	
Media Center	



Microsoft Excel

Theresa Purdie

Students will learn how to create professional spreadsheets using Excel. Topics include creating a spreadsheet, editing techniques, inserting formulas and functions, using formatting features, and creating a simple chart. Students will learn how to set up practical and useful spreadsheets for a basic budget and payroll. **Select ONE of the following sessions.**

Microsoft Excel	0053
Tues. & Wed. 2 Nights	\$95.00
Jan. 31 & Feb. 1 5:00 - 7:00	
Media Center	

OR

Microsoft Excel	0054
Mon. & Tues. 2 Nights	\$95.00
Mar. 13 & 14 5:00 - 7:00	
Media Center	

Microsoft Word

Theresa Purdie

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

Microsoft Word	0055
Mon. & Wed. 2 Nights	\$95.00
Jan. 23 & 25 5:00 - 7:00	
Media Center	

OR

Microsoft Word	0056
Tues. & Wed. 2 Nights	\$95.00
Mar. 7 & 8 5:00 - 7:00	
Media Center	

Google Docs, Sheets and Slides Made Easy

Theresa Purdie

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, and working with others on those documents in real time.

Students will be able to save the documents online and learn how to access their work from, their phone or tablet, as well as, their computer. Students learn how to upload existing documents from Word, Excel, PowerPoint, and convert those documents into a Google document. **Select ONE of the following sessions.**

Google Docs, Sheets and Slides Made Easy	0057
Mon. & Wed. 2 Nights	\$95.00
Feb. 13 & 15th 5:00 - 7:00	
Media Center	

OR

Google Docs, Sheets and Slides Made Easy	0058
Tues. & Wed. 2 Nights	\$95.00
Apr. 4 & 5 5:00 - 7:00	
Media Center	

PROFESSIONAL DEVELOPMENT

Navigating Difficult Conversations 0059



Barbara Escobar

Navigating difficult conversation are well... difficult. This interactive course provides you with guidance and techniques on how to manage a difficult conversation in the workplace. We will explore why we are so uncomfortable having difficult discussions. We will address different types of difficult discussions, review response techniques through role playing to help you be prepared.

Wednesday 1 Night \$20.00
Jan. 25 7:00 - 8:30 Room C-4

CT SECURITY OFFICER

Saturday! CT Security Officer Certification Course 0060

*Goldeneye Training Academy
Joseph Porto*

Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a security officer for licensed CT employers. **There is no discount for this class.**

Saturday 1 Day \$99.00
Feb. 25 9:00 - 5:00 ZOOM

**(the link will be sent as you register.
Registration will close for this ZOOM class on Thursday, February 23, 2023)**

CT Security Officer Certification Course 0061

*Goldeneye Training Academy
Joseph Porto*

Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a security officer for licensed CT employers. **There is no discount for this class.**

Tues. & Wed. 2 Nights \$99.00
Apr. 11 & 12 5:00 - 9:00 ZOOM

**(the link will be sent as you register.
Registration will close for this ZOOM class on Friday, April 7, 2023)**

Away for the Day



SPRING 2023 SCHEDULE

“Sleeping Beauty” The New York City Ballet will perform this timeless and bewitching fairy tale. With a glorious score by Peter Tschaikovsky, choreography by **Balanchine** and **Peter Martins**, luxurious sets and costumes, and a cast of 100, this lush performance will be a memorable experience for all.

Lunch at **Il Violino**.

Saturday, February 25 \$225

“Some Like It Hot” If you loved the hilarious movie with Jack Lemmon, Tony Curtis, Marilyn Monroe, and Joe E. Brown, you will sign up immediately and join us for this latest **Broadway** offering.

Wednesday, March 15 \$236

“On Your Feet” at New Haven’s **Shubert Theater** gives us the true story of Gloria and Emilio Estefan. This show is an exhilarating musical featuring some of the couple’s most iconic songs from the past quarter century, including “Rhythm is Gonna Get You,” “Conga,” and “Get on Your Feet.” The NY Times cheers, “The air vibrates in this crowd-pleasing musical. Lunch at **Brazi’s**.

Saturday, March 25 \$187

“A Beautiful Noise: The Neil Diamond Musical”. This Broadway musical biography, starring Tony Award nominee Will Swenson, comes to life through the lens of Diamond’s therapy sessions. The show will feature hit songs such as “I’m a Believer,” “Kentucky Woman,” “Sweet Caroline,” “America,” and “Cracklin’ Rosie.” We’ll enjoy a filling family-style Italian meal at **Carmine’s**.

Saturday, April 8 ONLY 35 TIX \$246

Our Land/Jet bus will meet you across from Fairfield’s Floor & Décor Store or in Stratford’s Dock Shopping Center next to the Super Stop and Shop.

To receive future brochures, call Jill Meyer at 203-226-4310 or e-mail her at jill@awayfortheday.net

DRIVER EDUCATION

Driver Education DRIVERSP2023

Knepler Driving Schools

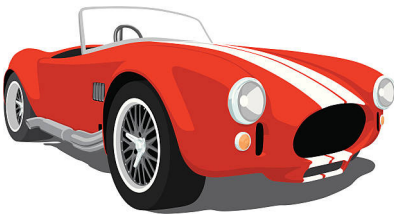
This course meets the full 30-hour mandatory requirements as well as the mandatory 8-hour Drug and Alcohol program, and 15, two-hour online classroom sessions with one makeup class at the end. The parent/student mandatory program must be attended by one parent or a legal guardian and the student together on the evening assigned as there is no makeup for this class. This program will be offered for \$180 (this includes a \$5.00 non-refundable processing fee) and does not include any on road driving lessons. All fees are final and **non-refundable**. **You must be at least 16 years of age to start the online classroom program.**

All classes will meet via ZOOM and will be taught by Howard Knepler. All students will require an electronic device with a camera and microphone and must have an internet connection. Smartphone, laptop, tablet, or desktop are sufficient.

Classes will meet 6:00PM – 8:00PM on
Jan. 23, 25, 30
Feb. 1* (parent/student program), 6, 8, 13,
15, 22, 27
March: 1, 6, 8, 13, 15, 20^(make-up class)

***Mandatory Parent/Student Program will be on Feb. 1, 2023 6:00PM – 8:00PM both Parent and Student MUST attend online parent/student program together.**

Mon. & Wed. 15 classes \$180.00
6:00 - 8:00 ZOOM



TRUMBULL PUBLIC SCHOOLS

Interested in becoming a substitute teacher or substitute paraeducator? Per diem, all grade levels.

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



Interested in becoming a substitute custodian? No experience needed. Please contact Debra Kohn for more information: 203-452-4306.



HEADSTART

The Trumbull/Monroe Regional Head Start Center has open enrollment all year. To enroll, the child must be 3 or 4 by Dec. 31st. The center serves Trumbull, Monroe, Stratford, Fairfield, Bridgeport and Easton. The program, which is federally funded, is free for children of income-eligible families. The program also meets the needs of children with disabilities. Children attend the program Monday through Friday 8:20 – 12:20 with a full day option of 7:30 am – 5:00 pm for those families that meet the criteria. In addition to kindergarten preparation for the child; health care, child development, social services and nutrition information and services are available for families. The Head Start Center is located in the Trumbull Early Childhood Education Center (TECEC) For more information call 452-4504.

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	\$
	Non Refundable Processing Fee	\$5.00
	Total	\$

PAYMENT INFORMATION:

NAME ON CARD _____

CARD # _____ CVV # _____

EXP. DATE _____

_____ CHECK _____ VISA _____ MASTERCARD

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

Please read and sign waiver.

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

Signature: _____ Date: _____ 15

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

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**SHARE YOUR KNOWLEDGE, EXPERTISE AND
TALENT WITH OUR COMMUNITY**

We are continuously seeking instructors and new ideas for courses to enhance our program offerings.

Our Summer Explorations program focuses on accelerating academic progress, providing enrichment camps, and offering a wide variety of sports opportunities.

Email your idea(s) to cmarr@trumbullps.org by Jan. 27, 2023.

Our Fall and Spring Adult Continuing Education programs include arts & crafts, fitness, cooking, technology, finances, gardening, music, and many more! We welcome new ideas of course offerings. These ideas can be emailed to cmarr@trumbullps.org at any time.

We look forward to receiving your submissions!