



## **SPRING 2024**



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

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

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GENERAL INFORMATION

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

**Enrichment Tuition:**  
The tuition for each course is listed in the course description. Tuition is payable upon registration.  
**Processing Fee: Non Refundable \$5.00 per order,**  
**We do not prorate.**

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

**Online:**  
www.trumbullconted.org  
We accept Visa and Mastercard

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

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

**Storm Day Policy:** When inclement weather closes Trumbull Public Schools, or there is an early dismissal, ALL Continuing Education classes will be cancelled. If the public school has a delayed opening, evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE 108. Online WFSB.com to get all local information.

**Mandated Academic Classes**  
*ESL, GED, NEDP and CDP.* There are no fees for Trumbull residents for the mandated academic classes.

**Nondiscrimination:**  
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@strat12.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

Online registration opens  
January 2, 2024  
<https://www.stratfordk12.org/page/continuing-education>

After registering, please call the office to confirm: 203-385-4270.

Credit Diploma Classes (CDP), GED, Citizenship, and ESOL classes begin on January 22, 2024

Credit Diploma Classes are Monday through Thursday 5:00 - 9:00pm

Citizenship Classes are Monday and Wednesday 6:00 - 9:00pm

GED Classes are Monday through Thursday 6:00 - 9:00pm

ESOL Classes are Monday, Tuesday, and Wednesday mornings 10:00 - 11:30am

All classes are held at the new location: 55 Fotch Street in Stratford



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

February 19: Presidents' Day

April 8-12: Spring Recess

May 27: Memorial Day

## ARTS & CRAFTS

### Wheel Thrown Pottery

CE01

*Trevor Youngberg*

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

**Mondays 8 Weeks \$225**  
**Jan. 22 6:00 - 8:00 Room M-13**



### Oil Painting

CE02

*Michael Barrett*

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

**Wednesdays 12 Weeks \$225**  
**Feb. 7 7:00 - 9:30 Room M-7**

### Create Your Own Greeting Cards!

*Michelle Scinto & Jenny Vitali*



Enjoy an evening of crafting your own greeting cards. Get creative with paper, stamps, and ink. Each night we will create three different greeting cards (two of each - six total). All supplies and tools will be provided and envelopes are included. Each session is different. \$10 materials fee payable to instructor per night.

#### Session 1: Valentines, Love, Anniversary CE03

**Wednesday 1 Night \$30**  
**Jan. 24 7:00 - 9:00 Room M-4**

#### Session 2: Birthday CE04

**Wednesday 1 Night \$30**  
**Feb. 7 7:00 - 9:00 Room M-4**

#### Session 3: Hello, Sympathy, Congratulations CE05

**Wednesday 1 Night \$30**  
**Feb. 21 7:00 - 9:00 Room M-4**

#### Session 4: Get Well, CE06

**Mother's/Father's Day**  
**Wednesday 1 Night \$30**  
**Mar. 6 7:00 - 9:00 Room M-4**

## BOATING SAFETY

### Boating & Personal Water Safety (Certificate Class) CE07

*Captain Glenn Dean (CT State Approved Instructor)*

This all-inclusive course allows you to legally operate a boat, personal watercraft, and includes the water ski towing 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 certificate. You are then certified for life.

**Tues. & Wed. 2 Nights \$75**  
**Apr. 16 & 17 5:00 - 9:00 ZOOM**

## BOOK WRITING/ PUBLISHING

### You Wrote a Book, Now What? CE08

*Jan Kardys*

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

**Tuesdays 5 Weeks \$65**  
**Mar. 5 6:30 - 7:30 Room C-1**

## CAMERA OPERATIONS

### Basic Digital Camera Operations CE09

*DSL & 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 pictures 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**  
**Jan. 23 7:00 - 9:00 Room C-3**

## COLLEGE PREP

### Spring sessions of SAT classes are open to Grade 11 students ONLY

#### SAT MATH

SAT-M

*Dawn Formanek*

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.

*Students are expected to follow all academic and behavioral expectations found in the Trumbull High School Student Handbook. Students are expected to be punctual, prepared, engaged, and productive. Students are also expected to complete all assignments in order to practice the skills being taught in class. Students who fail to comply with these minimum expectations may be removed from the class and/or the course with no refund.*

**Mondays 6 Weeks \$160.00**  
**Jan. 22 2:30 - 4:00 Room A-12**

#### SAT ENGLISH

SAT-E

**Critical Reading/Writing**

*Hope Spalla*

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.

*Students are expected to follow all academic and behavioral expectations found in the Trumbull High School Student Handbook. Students are expected to be punctual, prepared, engaged, and productive. Students are also expected to complete all assignments in order to practice the skills being taught in class. Students who fail to comply with these minimum expectations may be removed from the class and/or the course with no refund.*

**Wednesdays 6 Weeks \$160.00**  
**Jan. 24 2:30 - 4:00 Room B-13**

## 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.

**All classes are held at  
Deb's Healthy Plate  
32 Woodfield Dr, Shelton, CT 06484  
203-929-9414**

### **Chicken Piccata and Risotto** CE10

*Deb Barbiero*

Supply fee \$10 payable to teacher on first night. **There are no discounts for this class.** Space is limited to 6 students. You will have fun learning to prepare chicken piccata and risotto. Students are welcome to enjoy eating together. If you prefer to eat your creation at home, please bring a container.

<b>Monday</b>	<b>1 Night</b>	<b>\$39.00</b>
<b>Jan. 22</b>	<b>6:00 - 8:00</b>	



### **Homemade Pierogi** CE11

*Deb Barbiero*

Supply fee \$10 payable to teacher on first night. **There are no discounts for this class.** Space is limited to 6 students. You will have fun learning to make homemade pierogi. Students are welcome to enjoy eating together. If you prefer to eat your creation at home, please bring a container.

<b>Wednesday</b>	<b>1 Night</b>	<b>\$39.00</b>
<b>Jan. 24</b>	<b>6:00 - 8:00</b>	

## DRIVER EDUCATION

### **Driver Education** DESP2024-1

*Knepler Driving School*

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

**Feb. 12, 14, 21, 26, 28\***

**Mar. 4, 6, 11, 13, 18, 20, 25, 27**

**Apr. 1, 3, 15, 17^**

	<b>\$180</b>
<b>6:00 - 8:00PM</b>	<b>ZOOM</b>

**\* mandatory parent/student program  
^make up class**

### **Driver Education** DESP2024-2

**April 22, 24, 29**

**May 1, 6, 8\*, 13, 15, 20, 22, 29**

**June 3, 5, 10, 12, 17^**

Highlighted dates are subject to change and depends on graduation dates and snow dates.

	<b>\$180</b>
<b>6:00 - 8:00PM</b>	<b>ZOOM</b>

**\* mandatory parent/student program  
^make up class**

Trumbull Driver Education Office  
Phone 203-452-4554  
Knepler Driving School  
Phone 203-268-6040

## FINANCIAL

### **Secrets That Wall Street Does Not Want You to Know** CE12

*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.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Mar. 20</b>	<b>6:00 - 8:00</b>	<b>Room C-4</b>

### **Getting Great Real Estate Deals When Buying Or Selling Properties** CE13

*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.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Mar. 20</b>	<b>8:00 - 10:00</b>	<b>Room C-4</b>

### **How To Drastically Cut Costs** CE14 **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.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Mar. 20</b>	<b>6:00 - 8:00</b>	<b>Room C-5</b>



### **Entrepreneurship: Starting Your Own Business With Little Money Down** CE15

*Beverly Nathan*

You will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. You will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. *Optional material fee \$20.00.*

<b>Wednesday</b>	<b>1 Night</b>	<b>\$70.00</b>
<b>Mar. 20</b>	<b>6:00 - 8:00</b>	<b>Room C-5</b>

## Medicare Basics..

CE16

### Get the Facts

*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. 3 6:00 - 7:30 Room C-5**



## Estate Planning 101

CE17

*Nicole Camporeale*

This course will review the basic estate planning documents everyone should have, including a Last Will and Testament, Durable Financial Power of Attorney, Healthcare Power of Attorney and Revocable Living Trust. You will also learn the difference between Probate and Non-Probate property and what you need to know about estate taxes.

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

## FITNESS

### Throw Down Hip-Hop Dance Fitness

*Leigh-ann Genova*



This is a high-cardio, hip-hop dance fitness class. Routines are choreographed to provide the perfect blend of high and low impact dance routines for all fitness levels. The format combines cardiovascular exercise, agility, and memory retention. Bring your good vibes and willingness to learn something new. You are sure to love the energy of this class! Join one, some, or all 8 classes. If you sign up for all 8 classes, you get one free class!

**Tuesdays \$20/class or \$140/8 classes**

**Session 1 CE18**  
**Tuesday 1 night \$20**  
**Jan. 23 7:15 - 8:15 Sen Loun**

**Session 2 CE19**  
**Tuesday 1 night \$20**  
**Jan. 30 7:15 - 8:15 Sen Loun**

**Session 3 CE20**  
**Tuesday 1 night \$20**  
**Feb. 6 7:15 - 8:15 Sen Loun**

**Session 4 CE21**  
**Tuesday 1 night \$20**  
**Feb. 13 7:15 - 8:15 Sen Loun**

**Session 5 CE22**  
**Tuesday 1 night \$20**  
**Feb. 27 7:15 - 8:15 Sen Loun**

**Session 6 CE23**  
**Tuesday 1 night \$20**  
**Mar. 5 7:15 - 8:15 Sen Loun**

**Session 7 CE24**  
**Tuesday 1 night \$20**  
**Mar. 12 7:15 - 8:15 Sen Loun**

**Session 8 CE25**  
**Tuesday 1 night \$20**  
**Mar. 19 7:15 - 8:15 Sen Loun**

## Zumba

CE26

*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**  
**Apr. 3 6:30 - 7:20 Aux Gym**

## GARDEN

### Houseplants 101

CE27

*Nicole Christensen*

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

**Monday 1 Night \$39**  
**Feb. 26 6:30 - 8:30 Room C-1**



## GOLF

### Improve Your Short Game CE28

*Dave Bove*

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs.

*Course fee includes range balls.*

**Class limited to 12 students.**

**Thursdays 5 Weeks \$185**  
**Apr. 18 5:00 - 6:00**

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



### Intro To Golf

CE29

*Dave Bove*

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs.

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

**Thursdays 5 Weeks \$185**  
**Apr. 18 6:00 - 7:00**

**All classes held at Tashua Knolls Golf**

## HEALTH & WELLNESS

### RISE® Stress Resiliency and Management Training CE30

Tara Sunderland

The RISE® Stress Resiliency and Management Training leverages a holistic approach to building resilience and life-long stress management skills. Anchored in the science and practice of mindfulness, yoga, and positive psychology, the curriculum balances practice, research, and real-world application. Developed in conjunction with Kripalu® - North America's largest mindfulness retreat - this program has been taught to more than 50,000 people at the U.N., U.S. Special Forces, FBI, healthcare workers, educators, corporations, high school students and more. Attendees will learn and practice the core concepts of RISE® to navigate stress with skills to avoid burnout, build positivity, productivity, and mental clarity, and to improve stress resilience in the moment and over time. All materials, handouts and personalized journals are included.

**Tuesdays 4 Weeks \$110**  
**Jan. 23 6:30 - 8:30pm Room C-4**

### A Woman's Guide to Balancing Hormones Naturally CE31

Linda Cicero

Unlock the path to hormonal balance and regain control over your well-being with this 4-day course designed exclusively for women. We will dive deep into the importance of hormonal balance and its profound impact on women's health and vitality. You'll learn to identify the subtle signs of hormonal imbalance and understand the key hormones that influence your metabolic health. We'll explore the most common root causes of these imbalances, providing you with the knowledge needed to address them effectively. Through a holistic approach encompassing cycle syncing, stress reduction, nutrition, supplementation, movement, sleep improvement, and endocrine disruptor removal, you'll gain practical, actionable strategies for hormonal harmony. Linda is a NASM® Certified Nutrition Coach, NASM® Certified Behavior Change Specialist and trained in Level 1 Meditation.

**Tuesdays 4 Weeks \$150**  
**Jan. 30 6:30 - 8:30 Room C-5**

## MUSIC

### Instant Piano for Hopelessly Busy People CE32

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. 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"
- How to simplify over 12,000 complex chords

**Monday 1 Day \$69**  
**Apr. 15 6:30 - 9:30 PM ZOOM**



### Instant Guitar for Hopelessly Busy People CE33

Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. 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)
- How to play along with simple tunes

**Tuesday 1 Day \$69**  
**Apr. 16 6:30 - 9:00 PM ZOOM**

## SPECIAL INTEREST

### Tarot CE34

Sally Russo

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

**Wednesday 4 Weeks \$60**  
**Jan. 24 6:00 - 8:00 Room C-3**



### Whispers From Heaven

Patricia Griffin

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

PATRICIA GRIFFIN is a natural-born medium who in 2014 came to a point where she could no longer deny her gifts and went professional. Based in Monroe, Connecticut, Patricia continues to blaze a trail through her grassroots movement spreading the message that love sees all, believes all and never ends. Communicating with loved ones brings validation and closure. **There are no discounts for these sessions. These sessions will only run if there are a minimum of 15 people in each session.**

**Session 1 CE35**  
**Wednesday 1 Night \$40**  
**Jan. 24 6:00 - 7:45 Room C-1**

**Session 2 CE36**  
**Wednesday 1 Night \$40**  
**Jan. 31 6:00 - 7:45 Room C-1**

**Session 3 CE37**  
**Tuesday 1 Night \$40**  
**Feb. 6 6:00 - 7:45 Room C-1**

**Session 4 CE38**  
**Tuesday 1 Night \$40**  
**Feb. 20 6:00 - 7:45 Room C-1**

**Session 5 CE39**  
**Monday 1 Night \$40**  
**Feb. 26 6:00 - 7:45 Room C-1**

**Session 6 CE40**  
**Monday 1 Night \$40**  
**Mar. 4 6:00 - 7:45 Room C-1**

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

**Reiki Level II** **CE41***Natalie Nevola*

This Reiki Level II Training course signifies a deeper commitment to the spirit of Reiki. The training in this Reiki course will provide the skills, knowledge and hands-on experience needed to practice Reiki on others. The sacred Reiki symbols will also be received by each student and open them up to deeper levels of energetic healing. Students must have been trained in Reiki Level I approximately six months prior to attending this course.

**Mondays** **4 Weeks** **\$100**  
**Mar. 4** **5:00 - 7:00** **Room C-4**

**How To Talk With Your Angels** **CE42***Robin Tesei*

Receive Loving, Inspiring, Clear Messages! During this amazing class, you will experience how easy and empowering it is to ask your angels questions, and receive their supportive, comforting, and insightful messages through journaling. Writing with your angels is extremely beneficial because they know you better than anyone else on earth, and their messages are positive, hopeful, and full of loving wisdom. This class is unique because you will also experience how to spiritually connect with your Divine Angel, how to properly ask them for help, and what their name is.

Why are the Angels Messages so Beneficial?

- ♥ They give you guidance to move forward on your life path with more ease and grace.
- ♥ They give you insights to manage challenges more calmly.
- ♥ They give you support and inspiration when feeling down.
- ♥ They build your self-love and self-worth with their encouraging words.
- ♥ They give you clarity with making decisions.

**Tuesday** **1 Night** **\$44**  
**Feb. 6** **7:00 - 9:00** **Room C-2**

**Archangel Guidance & Healing** **CE43***Robin Tesei*

Experience Healing, Support, and Guidance! Attuning to the powerful Archangels is invaluable because they each have specific roles in helping relieve your worries, fears, anxieties, ailments, and blocks. Plus, they help heal and guide you with relationships, career, health, school, self-love, emotions, grief, memory functions, and so much more! During this class you will receive:

- ♥ An awakening to the 10 major Archangels and their specialties.
  - ♥ Healing practices to balance your mind-body-spirit.
  - ♥ Techniques for releasing worries, fears, unforgiveness, and burdens.
  - ♥ The proper ways to ask the Archangels for manifesting, healing, and support.
  - ♥ An evaluation of your life balance, which areas need strengthening, and which Archangels to call upon for support.
- Asking the Archangels for guidance will help bring peace and justice into your life, will assist with physical and emotional healing, pour forgiveness into your heart, give confidence to speak your truths, the courage to stand up for your beliefs, the will-power to set boundaries, they help you find new love, a career best suited for your passions, and so much more!

**Tuesday** **1 Night** **\$44**  
**Mar. 19** **7:00 - 9:00** **Room C-2**

**Researching Our Roots- An Introduction to Genealogy** **CE44***Sarah Miller*

Are you interested in building your family tree? Join instructor Sarah Miller as she presents strategies to begin your ancestral research using a variety of online sources. We'll focus on American records available and how to locate them. The presentation is followed by guided research time with access to several paid genealogical subscriptions. Please bring family documents and information, as well as a tablet or laptop. This class is designed for those just beginning their ancestral research.

**Monday** **1 Night** **\$30**  
**Mar. 4** **6:30 - 8:30** **Room C-2**

**Researching Our Roots - Digging Deeper** **CE45***Sarah Miller*

Genealogical research is both rewarding and challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family? Join instructor Sarah Miller as she shares tips and tools to help you dig deeper into your family's past. Sarah will present a case study of how she solved a difficult family mystery, and will introduce international research. She will also discuss strategies to feel confident in sourcing your research. Please bring any family documents and information you have, as well as a tablet or laptop, for guided research time.

**Monday** **1 Night** **\$30**  
**Apr. 1** **6:30 - 8:30** **Room C-2**

**TECHNOLOGY****Microsoft Word** **CE46***Theresa Purdie*

Students will learn how to use Microsoft Word to make professional and visually appealing documents. Topics will include learning how to create, save and edit text and paragraphs, setting up tabs and margins, adding borders and shading, inserting headers and footers, adding and formatting page numbers, and creating formatting and editing tables. Students will also learn how to insert clipart in documents, set up brochures, and create newsletters. Students will need a basic understanding of how to use a computer and a mouse. 2 sessions, each 1 night.

**Tues. & Wed.** **2 Nights** **\$95.00**  
**Jan. 30 & 31** **5:00 - 7:00** **Media Center**

**Microsoft Excel** **CE47***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. 2 sessions, each 1 night.

**Tues. & Wed.** **2 Nights** **\$95.00**  
**Feb. 13 & 14** **5:00 - 7:00** **Media Center**

**Microsoft PowerPoint** **CE48***Theresa Purdie*

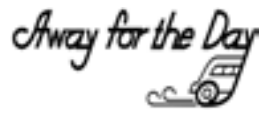
Students will learn how to create professional slideshows using today's most widely used presentation format, PowerPoint. Topics will include how to create, save and revise slides. Participants will learn how to use tools in PowerPoint including the design, transitions, timing functions as well as how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

**Wed.** **1 Night** **\$65.00**  
**Mar. 6** **5:00 - 7:00** **Media Center**

**Google Docs, Sheets, and Slides Made Easy** **CE49***Theresa Purdie*

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, 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 will also learn how to upload existing documents from Word, Excel and PowerPoint and convert those documents into a Google document. 2 sessions, each 1 night.

**Tues. & Wed.** **2 Nights** **\$95.00**  
**Apr. 2 & 3** **5:00 - 7:00** **Media Center**



"Annie" at New Haven's **Shubert Theater**. Join us to enjoy this delightful "comic strip" musical. With pluck and positivity, Annie, everyone's favorite orphan, warms our hearts. Memorable songs include "Maybe," "It's A Hard Knock Life," "Tomorrow," and "Easy Street. Lunch at Brazzi's." **Sunday, March 3** **\$TBD**



"Harmony" This new Broadway musical with music by **Barry Manilow** tells the true story of the Comedian Harmonists, an ensemble of young men in 1920s Germany who took the world by storm with their sophisticated harmonies and stage antics, until their inclusion of Jewish singers put them on a collision course with history. Restaurant TBD. **Saturday, April 27** **\$TBD**



"The Mystery of Edwin Drood" at **Goodspeed Opera** A troupe of Victorian performers invites you to play detective in this musical comedy whodunit packed with surprises. Your vote picks the guilty party from a lineup of suspicious Charles Dickens characters. Lunch at the **Gelston House**. **Wednesday, May 22** **\$TBD**



"A Midsummer Night's Dream" At **Lincoln Center, the New York City Ballet** will perform Shakespeare's timeless comedy about the transformative power of love. With **Mendelsohn's** score and **Balanchine's** choreography, the Bard's tale about the mis-adventures of three pairs of lovers will transport us to a fairy land. Lunch at **Il Violino**. **Saturday, June 1** **\$TBD**



For more information and to receive a complete brochure, call Jill Meyer, Away for the Day, 203-226-4310 or e-mail [jill@awayfortheday.net](mailto:jill@awayfortheday.net)

### 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.

### SUMMER EXPLORATIONS 2024

LOOK FOR THE CATALOG IN  
MARCH



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.

### 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 Board of Education, 72 Strobel Road, Trumbull CT 06611.**

#### Please read and sign waiver.

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

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



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cmarr@trumbullps.org

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People Helping People!  
Thank You For All Your Support!