



Spring 2026



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

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

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GENERAL INFORMATION

Location of Classes:

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

Enrichment Tuition:

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

Processing Fee: Non Refundable \$5.00 per order,

We do not prorate.

Enrichment Registration:

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

Online:

www.trumbullconted.org

We accept Visa and Mastercard

Mail:

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

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

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

Mandated Academic Classes

ESL, GED, NEDP and CDP,

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

Nondiscrimination:

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

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
45 N Parade Street, Stratford, CT 06615
(203) 385-4270
continuingeducation@stratk12.org

Spring enrollment opens online
December 1, 2025. Classes will begin
January 20, 2026.

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

Credit Diploma Classes (CDP)
Classes begin on January 12, 2026 5:00-
7:00 PM & 7:00-9:00 PM Monday -
Thursday

ESL & GED Program classes will begin
January 20, 2026

5:00-7:00 PM & 7:00-9:00 PM Monday
- Thursday (PM ESL) 6:00-7:30 PM &
7:30-9:00 PM (ABE/GED)

U.S. Citizenship classes begin
January 20, 2026
Monday & Wednesday 6:00-7:30 PM

Placement testing for all programs is by
appointment only. Testing will begin on
December 8, 2025.

Please call or email for an
appointment.

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

January 19, 2026: Dr. MLK Jr.
February 16, 2026: President's Day
April 13 - 17, 2026: Spring Recess
May 25, 2026: Memorial Day

**ALWAYS CHECK YOUR EMAIL
PRIOR TO COMING TO CLASS IN
CASE OF A LAST MINUTE
CANCELLATION DUE TO
INSTRUCTOR ILLNESS OR
BUILDING ISSUES.**

ARTS & CRAFTS

Wheel Thrown Pottery CE01

Trevor Youngberg

Students will learn how to center, raise and shape a range of forms throughout the 6-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 \$40.00 is payable to instructor first night of class. Class limit is 12. There are NO discounts for this class.**

| | | |
|----------------|--------------------|------------------|
| Mondays | 6 Weeks | \$175 |
| Jan. 26 | 6:00 - 8:00 | Room M-13 |

Wheel Thrown Pottery CE02

Lisa Edwards

This course will give students the opportunity to learn to throw on the potter's wheel. Instruction will begin with centering, then raising and ultimately shaping a range of forms, as students work at their own pace. Students will gain experience in glazing and electric firing in this course.

This course is for beginner students only. Class limit is 10. There are NO discounts for this class.

| | | |
|-----------------|--------------------|------------------|
| Tuesdays | 8 Weeks | \$225 |
| Jan. 13 | 6:00 - 8:00 | Room M-13 |

Brush Pen Calligraphy CE03

Irene Blumenthal

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

| | | |
|-----------------|--------------------|-----------------|
| Tuesdays | 7 Weeks | \$70 |
| Feb.18 | 7:30 - 8:30 | Room M-4 |

Oil Painting

Michael Barrett

This course is open to all levels and focuses on oil portraits, but any subject matter is acceptable. Drawing, color mixing, value scales, and principles of realistic oil painting are included. **There are NO discounts for this class.**

Please select one of the following classes.

| | | |
|-----------------|--------------------|-----------------|
| CE04 | 12 Weeks | \$240 |
| Tuesdays | Feb. 17 | Room M-7 |
| | 7:00 - 9:30 | |
| | OR | |

| | | |
|-------------------|--------------------|-----------------|
| CE05 | 12 Weeks | \$240 |
| Wednesdays | Feb. 18 | Room M-7 |
| | 7:00 - 9:30 | |



Abstract Floral Painting CE06

Peri Sue Pfenninger



This course is for beginner to intermediate students. Students will learn "abstract" painting techniques in combination with self-expression using the subject of flowers. A variety of techniques will assist each student's understanding of this versatile mode medium, acrylics. **There are NO discounts for this class.**

| | | |
|-------------------|--------------------|-----------------|
| Wednesdays | 8 Weeks | \$225 |
| Jan. 21 | 5:00 - 6:30 | Room M-9 |

BOATING SAFETY/ CERTIFICATION

Boating & Personal Water Safety - Certificate Class

*Captain Glenn Dean (CT State Approved
Instructor)*

This all-inclusive class allows you to legally operate a boat and/or personal watercraft, and includes the water ski towing endorsement. Upon successful completion of the course, students will have knowledge of state and federal boating laws and guidelines and will earn a CT Safe Boating Certificate (often referred to as the "Boater's License"). The state certified instructor will guide you through the download process which includes a one-time additional payment due to the state of Connecticut of \$50.00 per certificate. You will be certified for life! **There are NO discounts for this class.**

Choose one of the following 2 night classes.

CE07 Tues. & Wed. 2 Nights \$80
Mar. 24 & 25 5:00 - 9:00 Virtual
OR

CE08 Tues. & Wed. 2 Nights \$80
Apr. 28 & 29 5:00 - 9:00 Virtual
OR

CE09 Tues. & Wed. 2 Nights \$80
May 26 & 27 5:00 - 9:00 Virtual

BOOK PUBLISHING

You Wrote a Book, CE10 Now What?

Jan Kardys

Gain an insider's view of book publishing at this program with literary agent, Jan L. Kardys, and Chairman of Unicorn Writers' Conference. Jan will share her 40 years of experience inside 10 major NYC book publishers on such topics as developing a concept, writing a manuscript, editing, finding a literary agent, query letters, publishing agreements, the various departments within publishing companies, self publishing vs. traditional book publishing, subsidiary rights, marketing, utilizing the most cutting-edge technologies, and social media services to increase visibility to literary agents, publishers and readers alike. **There are NO discounts for this class.**

Tuesdays 4 Weeks \$55
Jan. 27 6:30 - 7:30 Room C-7

CAKE DECORATING

Cake Decorating for Beginners



CE11

Holly Saunders

Students will learn the basics of cake decorating which includes making different types of frosting/buttercream, crumb coating, cake assembly, and buttercream flowers. Students are required to bring a cake or cupcakes to class each week or as instructed. They will be provided with the appropriate recipe for buttercream. Students are to bring their own tools/piping tips and bags as these will not be provided by the instructor. Upon registration, students will receive a supply list which they will be responsible for purchasing themselves and bringing to each class. **There are NO discounts for this class.**

Wednesdays 8 Weeks \$95
Jan. 21 6:30 - 8:00 Room M-3

CAMERA OPERATIONS

Basic Digital Camera CE12 Operations

DSLR & Mirrorless

John Zappala

Need help understanding how to use your DSLR camera? Is the instruction manual that came with it almost impossible to understand? This class will guide you to knowing how to take pictures you can be proud of and acquire a good knowledge of photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and sharply focused. Whether you are interested in photographing your friends, family, nature landscapes, or sports, this course will certainly enhance your talents. Learn how to freeze the action sports, create beautiful portraits with that blurry background and use your flash as professional fashion and wedding photographers do. Become truly confident in your picture taking abilities. Bring your camera and manual. **There are NO discounts for this class.**

Tuesdays 6 Weeks \$130
Mar. 3 7:00 - 9:00 Room C-3

**CPR/AED & BASIC FIRST
AID CERTIFICATION**

CPR/AED & Basic First Aid (BFA) Certification 

CPR Courses International, LLC

Accredited by the American Safety and Health Institute.

This comprehensive course provides essential life-saving skills for Pediatric CPR, AED use, and Basic First Aid. Training is delivered by certified instructors and includes all student consumables, training equipment, and access to an online e-book. Students receive same-day certification upon successful completion of the program.

Course Length: Approximately 2.5 hours (please allow up to 3 hours for additional instruction if needed). What's Included:

All required training equipment, consumables, digital student e-book, and official certification card.

Requirements: Students must arrive on time and prepared to participate in the full training session. **Policies: NO REFUNDS. NO EXCEPTIONS. No pets or children are allowed in the classroom. There are NO discounts for this class.**

Cancellations must be made at least 3 days prior to the course date.

**ALL CLASSES ARE HELD AT:
755 MAIN STREET BLDG#5
MONROE, CT 06468**

Please select ONE of the following -

| | | |
|----------------|--------------------|-------------|
| CE13 | | |
| Monday | 1 Night | \$65 |
| Mar. 9 | 5:30 - 8:00 | |
| | OR | |
| CE14 | | |
| Monday | 1 Night | \$65 |
| Apr. 20 | 5:30 - 8:00 | |
| | OR | |
| CE15 | | |
| Tuesday | 1 Night | \$65 |
| May 12 | 5:30 - 8:00 | |

DRIVER EDUCATION

Driver Education **DESP26**

Knepler Driving School

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

Dates for the next session are TBD. A flyer will be emailed to THS students.

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



FINANCIAL

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
April 8 6:00 - 7:30 Room C-5

How to Drastically Cut CE17 **College Costs**

Beverly Nathan

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

Optional material fee \$20.00. There are NO discounts for this class.

Wednesday 1 Night \$70
March 18 6:00 - 8:00 Room C-4

Entrepreneurship: Starting CE18 **Your Own Business With Little**

Money Down
Beverly Nathan

You will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. You will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. The instructor, Bev Nathan is a successful business person with over 20 years of experience. She began a part-time, home-based business and upon her retirement it became a successful full-time business in an office complex. *Optional material fee \$20.00. There are NO discounts for this class.*

Wednesday 1 Night \$70
March 18 8:00 - 10:00 Room C-5

Secrets That Wall Street Does CE19 **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. There are NO discounts for this class.*

Wednesday 1 Night \$70
March 18 6:00 - 8:00 Room C-4

Getting Great Deals When Buying or Selling Real Estate CE20

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. He will teach you how to get these great deals as well as the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, 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 property including using web sites. How to sell your home with or without a realtor will also be discussed. Instructor Richard Nathan has been buying and selling real estate in MA, CT, NY, PA, & NJ for the past 20 years.

Optional material fee \$20.00. There are NO discounts for this class.

Wednesday 1 Night \$70
Mar. 18 8:00 - 10:00 Room C-5



Estate Planning: Wills & Trusts CE21

Nicole Comporeale

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
Feb. 18 6:00 - 7:30 ZOOM

FITNESS

Learn to Skate

The Rinks at Shelton



This program is designed to build a strong skating framework for recreational skating as well as figure skating, hockey, synchronized skating, and speed skating. Progress at your own pace in a fun environment! **There are NO discounts for this class.**

**ALL CLASSES ARE HELD AT:
 THE RINKS AT SHELTON.
 784 River Rd, Shelton, CT 06484
 203-926-2188**

CHOOSE ONE OF THE FOLLOWING CLASSES

CE22
Wednesday 7 Weeks \$229
Jan. 21 5:30pm - 6:20pm
The Rinks at Shelton

OR

CE23
Thursday 7 Weeks \$229
Jan. 22 5:30pm - 6:20pm
The Rinks at Shelton

OR

CE24
Saturday 7 Weeks \$229
Jan. 24 11am - 11:50am
The Rinks at Shelton

OR

CE25
Sunday 7 Weeks \$229
Jan. 25 10:30am - 11:20am
The Rinks at Shelton



**Line Dancing for Fun,
Fitness & Memory** CE26

Tom Mohyde

Get ready to move, groove, and have a blast in this dynamic and inclusive line dancing course! Featuring nearly 70 exciting dances, this class offers something for everyone — from upbeat disco and spirited Latin rhythms to timeless standards and beloved Broadway hits. Whether you're a beginner or experienced, you'll enjoy routines that engage your arms, legs, and mind, promoting physical fitness, coordination, and cognitive sharpness. With varying activity levels, you can dance at your own pace. Led by an instructor with over 55 years of experience in ballroom, Zumba®, and line dancing, you'll benefit from expert guidance in a supportive and fun environment. Come for the music, stay for the movement, and leave with new skills, great memories, and maybe even a few new friends.

Wednesdays 10 Nights \$145
Mar. 11 7:00 - 8:00 Aux Gym

The Bachata Experience CE27

Rebecca Devos



No partner? No problem. No experience? This is the perfect place to start. This six-week journey makes learning Bachata simple, easy, and convenient — built for real people who just want to move, connect, and feel good on the dance floor. Each session breaks down the basics step by step, helping you find rhythm, flow, and confidence without stress or pressure. Classes are designed for adults of all ages and fitness levels. You'll learn at a comfortable pace, laugh a lot, and surprise yourself with how quickly it all comes together. Six weeks from now, you'll be able to dance bachata! **There are NO discounts for this class.**

Wednesdays 6 Weeks \$120
Feb. 2 7:30 - 8:30 Aux Gym

GARDENING

Houseplants 101 CE28

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! **There are NO discounts for this class.**

Monday 1 Night \$39
Feb. 23 6:30 - 8:30 Room C-3



**From Start to Finish:
A Beginner's Guide To Seeds** CE29

Nicole Christensen

Get a jump start on this year's garden! Have you ever wanted to plant your garden using seeds but didn't know where or when to start? Or are you interested in saving seeds for next year, but not sure what is the best way or which seeds to save? In this class, we will do an overview, from flowers to vegetables, on using seeds from start to finish. Learn about the various seed types available, how to "read" seed packets, different methods and containers available, starting seeds indoors, and how to save various seeds for the next year. It's "Seed 101"! This class will help take the guesswork out of seed starting! **There are NO discounts for this class.**

Monday 1 Night \$39
March 16 6:30 - 8:30 Room C-3

Vegetable Gardening 101 CE30
Nicole Christensen



You don't need to have a farm to keep a vegetable garden! In this class, we will go over what it takes to keep a great vegetable garden. Learn what vegetables and herbs work best and where, when to plant and harvest throughout the entire season, what common pests and plant diseases can strike (and what to do when they do). From containers to raised beds, get ready for summer, and feed your family right from your own backyard! **There are NO discounts for this class.**

Monday 1 Night \$39
May 18 6:30 - 8:30 Room C-3

Researching Our Roots - Digging Deeper CE32

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. **There are NO discounts for this class.**

Monday 1 Night \$30
Apr. 20 6:00 - 8:00 Room C-2

GENEALOGY

GOLF

Researching Our Roots- An Introduction to Genealogy CE31

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. **There are NO discounts for this class.**

Monday 1 Night \$30
Mar. 9 6:00 - 8:00 Room C-2

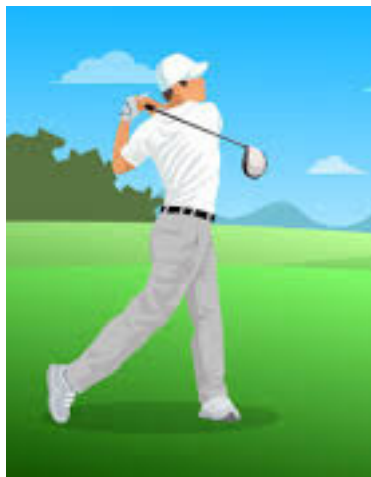
Improve Your Short Game CE33

Dave Bove

A comprehensive approach to the fundamentals of sound putting, chipping, pitching, and bunker play. The course will allow students to understand the different uses of their club in various situations. Participants should bring golf clubs. *Course fee includes range balls. Class limited to 12 students.*

Thursdays 5 Weeks \$185
April 16 5:00 - 6:00

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



Intro To Golf

CE34

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
April 16 6:00 - 7:00

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

HOME IMPROVEMENT/ MAINTENANCE

How to Keep it Clean, For a Happier You!



Nicky Tomboulides of Penguin's Best Housekeeping Service, LLC

This course will go over Nicky's "7 in 7", seven things to do every day to keep dirt and clutter away. Learn why less cleaners and more tools are best. The "system" will be revealed to teach you how to clean like a professional and so much more! **There are NO discounts for this class.**

Please select ONE of the following classes.

CE35

Tuesday 1 Night \$33
Feb. 17 6:30 - 8:00 Room C-5
OR

CE36

Tuesday 1 Night \$33
Mar. 24 6:30 - 8:00 Room C-5

MUSIC

Instant Piano for Hopelessly Busy People CE37

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+ **There are NO discounts for this class.**

Monday 1 Day \$69
May 4 6:30pm - 9:30pm Virtual



Instant Guitar for Hopelessly Busy People CE38

Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+ **There are NO discounts for this class.**

Tuesday 1 Day \$69
May 5 6:30pm - 9:30pm Virtual

NUTRITION

Fresh Start: Reset Your Nutrition for the New Year



Joy Morrison, Certified Dietitian Nutritionist
 Start the new year feeling energized, focused, and inspired to take charge of your health. This class helps participants cut through the confusion about nutrition and discover simple, sustainable ways to reset eating habits after the holidays. You'll learn how to use real, delicious food to boost energy, balance mood, and support a healthy metabolism—without strict diets or deprivation. **There are NO discounts for this class.**

Select ONE of the following classes:

CE39

| | | |
|---------|-----------------|----------|
| Tuesday | 1 Night | \$40 |
| Jan. 20 | 6:30pm - 8:00pm | Room C-4 |

OR

CE40

| | | |
|---------|-----------------|----------|
| Monday | 1 Night | \$40 |
| Jan. 26 | 6:30pm - 8:00pm | Room C-4 |

Nutrition for Longevity: Eat Well, Age Well



Joy Morrison, Certified Dietitian Nutritionist
 This informative class explores how everyday food choices can support long-term health, vitality, and overall well-being. Designed for anyone who wants to feel their best and age gracefully, the session simplifies nutrition science and provides realistic approaches to making healthy eating enjoyable, sustainable, and effective for everyday life. Participants will also receive easy, nourishing recipes to help put the principles into practice right away.

There are NO discounts for this class.

Select ONE of the following classes:

CE41

| | | |
|---------|-----------------|----------|
| Tuesday | 1 Night | \$40 |
| Feb. 10 | 6:30pm - 8:00pm | Room C-4 |

OR

CE42

| | | |
|---------|-----------------|----------|
| Monday | 1 Night | \$40 |
| Feb. 16 | 6:30pm - 8:00pm | Room C-4 |

SAT PREP

For junior at THS

SAT Math

SATM

THS Staff Members

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

| | | |
|----------------|----------------|-----------------|
| Mondays | 5 Weeks | \$180.00 |
| Jan. 26 | 2:30 - 4:00 | Room A-2 |

SAT English

SATE

Critical Reading/Writing

THS Staff Members

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

| | | |
|-------------------|----------------|-----------------|
| Wednesdays | 5 Weeks | \$180.00 |
| Jan. 28 | 2:30 - 4:00 | Room B-13 |

SPECIAL INTEREST

Intro to Tarot

CE43

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. **There are NO discounts for this class.**

| | | |
|------------------|----------------|-------------|
| Wednesday | 4 Weeks | \$60 |
| Jan.21 | 6:00 - 8:00 | Room C-2 |

TECHNOLOGY

Microsoft Word **CE44**

Theresa Purdie

Discover how to use Microsoft Word to design professional, eye-catching documents that make a strong first impression. Learn essential skills in formatting, layout design, tables, and visual organization while creating real-world projects like brochures and newsletters. Turn ordinary documents into polished materials that effectively share ideas and get results. **There are NO discounts for this class.**

Wednesday 1 Night \$65.00
Jan. 21 5:00 - 7:00 Media Center

Microsoft Excel **CE45**

Theresa Purdie

Gain hands-on experience using Microsoft Excel to build professional, easy-to-use spreadsheets. Learn how to create and edit worksheets, insert formulas and functions, apply formatting tools, and design simple charts. Through real-world examples like a basic budget and payroll, you'll develop practical skills to organize and manage information with confidence. **There are NO discounts for this class.**

Wednesday 1 Night \$65.00
Feb. 4 5:00 - 7:00 Media Center

Microsoft PowerPoint **CE46**

Theresa Purdie

Learn how to create professional, visually appealing slideshows using Microsoft PowerPoint, today's leading presentation tool. Explore how to create, save, and update slides while using design themes, transitions, and timing features to enhance your message. You'll also discover how to add videos, charts, and animations to create presentations that capture attention and deliver your ideas with confidence. **There are NO discounts for this class.**

Wednesday 1 Night \$65.00
Feb. 11 5:00 - 7:00 Media Center

Google Docs, Sheets, and Slides Made Easy **CE47**

Theresa Purdie

This hands-on course will help you create and share professional documents, spreadsheets, and presentations using Google's powerful online tools. Learn how to collaborate with others in real time, store your files safely online, and access your work from any device—computer, tablet, or phone. You'll also discover how to upload existing Word, Excel, and PowerPoint files and convert them into Google formats for easy editing and sharing. **There are NO discounts for this class.**

Tues. & Wed. 2 Nights \$95.00
Mar 10 & 11 5:00 - 7:00 Media Center

Artificial Intelligence (AI) Demystified - Basic Intro Class **CE48**

Theresa Purdie

This session provides an accessible introduction to Artificial Intelligence. Participants will explore the foundations of AI, its real-world applications, essential terminology, and the key benefits and challenges shaping the field. Through group discussions, hands-on activities, and relatable examples, this session keeps learners engaged while making AI concepts clear and practical. **There are NO discounts for this class.**

Wednesday 1 Night \$65.00
April 8 5:00 - 7:00 Media Center

WELL BEING

Self-Help Reflexology for you and your Family

Ariana Rawls Fine

Reflexology offers the perfect opportunity for giving to ourselves and those we care about in a way that brings health and well being. In this mini workshop, you will learn all about this ancient yet modern therapy. We will study basic reflexology techniques for personal use, several pressure points, the benefit and history, and other tools to enhance your experience. Please bring a pillow, a hand towel, a friend or partner, and your curiosity. (The hands on section is designed for 2). **There are NO discounts for this class.**

Select ONE of the following classes:

CE49

Tuesday 1 Night \$20
Jan 20 6:30 - 8:15 Media Center

OR

CE50

Monday 1 Night \$20
Mar 9 6:30 - 8:15 Media Center

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.*

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 to have your child put on the Wait list.



SUMMER 2026
July 6 - July 31

We offer high quality summer programs for children that focus on three areas: accelerating academic progress, providing enrichment opportunities, and promoting a wide variety of sports and athletics camps.

It is our hope that your child(ren) will find more than one summer camp experience that fosters a specific skill, interest, or hobby. We encourage you to take advantage of the offerings available.

LOOK FOR THE CATALOG



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**REGISTRATION FORM
PRINT CLEARLY**

Name _____
Last First

Address _____
Street City State Zip

Phone _____
Days Evenings Cell

Email _____

| COURSE # | COURSE TITLE | FEE |
|----------|--------------------------------------|---------------|
| | | |
| | | |
| | 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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People Helping People!
Thank You For All Your Support!