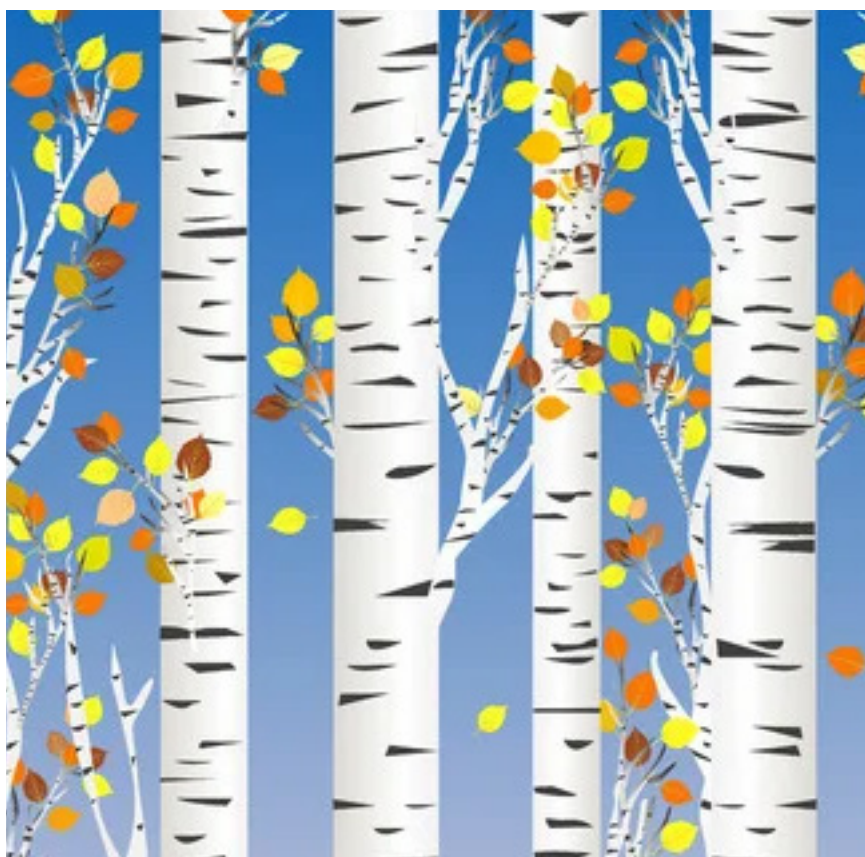




# **FALL 2023**



**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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### Mandated Academic Classes

**ESL, GED, NEDP and CDP**, located at 468 Birdseye Street, Stratford, CT. 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@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**  
**(ALPHA Entrance of building)**

Fall enrollment opens on  
**August 1, 2023**  
and classes begin on  
**September 6, 2023**

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

Credit Diploma Classes (CDP)  
classes begin on September 5, 2023 5:00 - 7:00 PM and 7:00 - 9:00PM

ESL & GED Program classes begin  
September 11, 2023  
6:00 - 7:30PM and 7:30 - 9:00PM

Citizenship Classes begin  
September 11, 2023  
6:00 - 7:30PM and 7:30 - 9:00PM

Placement testing is by appointment only and can be made beginning on August 21, 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.

**September 4:** Labor Day  
**September 25:** Yom Kippur

**October 9:** Columbus Day  
**October 31:** Halloween

**November 14:** No Classes  
**November 22 - 24:** Thanksgiving Recess

**December 22 - January 2:** Holiday Recess

**January 15:** Martin Luther King Jr. 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**  
**Sept. 11 6:00 - 8:00 Room M-13**

### DYI Wood Round Hanger Class CE02

*Cheryl Gould*

Come enjoy an evening of creating a round wood hanger for an accent piece for inside your home! You'll learn to weed out and transfer your stencil to the wood. Then use torch paste and a heat gun for burning. Finish it up by hot gluing greenery and a bow (sample below). Stencil choices include; Hello, Home, or Welcome. Please email your choice for the class to [cdgould56@yahoo.com](mailto:cdgould56@yahoo.com) by October 1. Supply fee of \$10 payable to instructor the night of class. Limit 10. **There are NO discounts for this class.**

**Tuesday 1 Night \$30**  
**Oct. 10 7:00 - 9:30 Room C-6**



### Oil Painting CE03

*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**  
**Sept. 6 7:00 - 9:30 Room M-7**

### Modern Calligraphy CE04

*Lisa Adam*

This course is designed for beginners. The first 3 sessions are guided learning, as students practice a font or two of modern calligraphy with the instructor. The last 2 sessions the students will design a wooden cube with favorite quotes, positive words, or themed word art. Students will be given sanded and primed cubes at the first class. They can be painted a solid color at home. Instructor will provide practice sheets and paper. Brush markers need to be purchased prior to class. Instructor recommends "Craft 'n' Beyond Calligraphy Brush Pens Pack of 3 Small, Medium, and Large Markers for Hand Lettering, Art Drawing, Sketching, Scrapbooking, Journaling - Beginner Kit with Fadeproof Black Ink and one white oil based sharpie paint marker extra fine point. If you're looking for a color set WRITECH Brush Tip Water Based 12ct Assorted Colors for Journaling Adult Coloring Hand Lettering Calligraphy Drawing Vibrant Colored" are recommended, but the color set is not required. All can be found on Amazon. Happy inking!

**Tuesdays 5 Weeks \$100**  
**Sept. 12 6:00 - 7:00 Room C-7**



## CAMERA OPERATIONS

### Basic Digital Camera Operations CE05

*DSLRL & 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**  
**Oct. 17 7:00 - 9:00 Room C-3**

### Advanced Digital Camera Operations CE06

*DSLRL & Mirrorless*

*John Zappala*

This course is designed for those students who have a basic understanding of how their digital camera works. ISO, Modes, Shutter Speeds, and F Stops. The course will review the basics going over any information the student may not be 100% sure of and introduce new and advanced information. Demonstrations will be given which will help the student be fast and accurate in their picture taking with natural light and flash techniques. Individual interests will be focused on regarding different types of photography and problems encountered (portraits, landscape, nature, and sports). Questions and sharing work will always be encouraged.

**Mondays 3 Weeks \$65**  
**Oct. 2 7:00 - 9:00 Room C-3**

## COLLEGE PREP

### For juniors and seniors at THS

#### 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**  
**Sept. 20 2:30 - 4:00 Room B-13**

#### SAT ENGLISH SAT-E2 Critical Reading/Writing\*

*THS Staff Members*

**Thursdays 6 Weeks \$160**  
**Sept. 21 2:30 - 4:00 Rooms B-13**

**\* THIS CLASS WILL RUN ONLY IF SAT-E1 BECOMES FULL.**



#### 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.

**Day & Dates TBA 6 Weeks \$160**  
**2:30 - 4:00 Room TBA**

## FINANCIAL

### Medicare Basics.. CE07 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**  
**Sept. 13 6:00 - 7:30 Room C-5**

### Estate Planning 101 CE08

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**  
**Oct. 4 6:00 - 7:30 Room C-5**

### Planning and Paying CE09 For Long Term Care

Nicole Camporeale

This course will review cost of long term care, how to pay for long term care needs, and how to qualify for Medicaid to help cover costs.

**Wednesday 1 Night \$29**  
**Oct. 11 6:00 - 7:30 Room C-5**

### How To Drastically Cut Costs CE10 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**  
**Oct. 17 6:00 - 8:00 Room C-5**



### Secrets That Wall Street Does CE11 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**  
**Oct. 17 6:00 - 8:00 Room C-4**

### Entrepreneurship: Starting CE12 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. *Optional material fee \$20.00.*

**Tuesday 1 Night \$70**  
**Oct. 17 8:00 - 10:00 Room C-5**

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

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.*

**Tuesday 1 Night \$70**  
**Oct. 17 8:00 - 10:00 Room C-4**

### Wheeling and Dealing: CE14 Car Buying Wisely

Beverly Nathan

This seminar is taught by Beverly Nathan, a consumer advocate and not a car salesman. She will teach you inside secrets to save you money. To be discussed: buying used cars, new cars, invoice price, wholesale price, rebates, hidden rebates, hidden warranties, negotiating, tricks of leasing, salesman tricks, buying off the internet and sources of information. After this course you will have the ability to negotiate from strength and avoid getting ripped off. *Optional material fee of \$20.00.*

**Monday 1 Night \$70**  
**Oct. 30 6:00 - 8:00 Room C-5**

### How To Go Through CE15 College Without Going Broke

Richard Nathan



Richard Nathan, strictly a consumer advocate, will teach how the student, the parent, and the grandparent can avoid large college loans. To be discussed is FAFSA, different types of grants, loans, scholarship sources, work study programs, federal vs. private loans, problems of parent plus loans, refinance of loans, 529 plans, and Navient lawsuit. Also, helpful websites and books on this matter will be discussed. Richard Nathan has been teaching a course on "Cutting Costs". He has become aware that college loans have become a major problem. He wants people to know how to protect themselves.

**Monday 1 Night \$70**  
**Oct. 30 8:00 - 10:00 Room C-5**

## FITNESS

### Zumba CE16

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**  
**Sept. 13 6:30 - 7:20 Aux Gym**

### Gentle Yoga & Meditation Series I, II, III

Jess Rawling

This class will open with gentle, dynamic movement and gradually shift to longer-held poses. The practice concludes with pranayama (regulated breath work) and a guided rest for calm and relaxation. **There are no discounts for these classes.**

**Series I CE17**  
**Wednesdays 5 Weeks \$125**  
**Sept. 20 6:00 - 7:00 Media Center**

**Series II CE18**  
**Wednesdays 4 Weeks \$100**  
**Oct. 25 6:00 - 7:00 Media Center**

**Series III CE19**  
**Wednesdays 4 Weeks \$100**  
**Nov. 29 6:00 - 7:00 Media Center**

## GOLF

### Improve Your Short Game CE20

*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**  
**Sept. 7 5:00 - 6:00**

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

### Intro To Golf CE21

*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**  
**Sept. 7 6:00 - 7:00**

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

## MUSIC

### Instant Piano for Hopelessly Busy People CE22

*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.

**Saturday 1 Day \$69**  
**Oct. 14 9am - 12pm ZOOM**

### Instant Guitar for Hopelessly Busy People CE23

*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+.

**Saturday 1 Day \$69**  
**Oct. 14 1pm - 3:30pm ZOOM**

## FAMILY

### Becoming A Foster/Adoptive Parent - Everything You Ever Wanted to Know CE24

*Deb Kelleher*

A brief overview of the process for becoming a licensed foster/adoptive parent in CT. This free one-night course will focus on foster care and adoption of children in the CT child welfare system. Information regarding prerequisites for families, and the children needing to be placed in foster/pre-adoptive homes will be discussed. We will address the difference between regular foster care, and higher levels of foster care. We will explain the current trend in adoption to place children in legal-risk pre-adoptive placements.

Information will be available for all foster care programs serving Fairfield County and licensed by the state of CT. This is the first step in becoming a licensed foster parent. Periodically, the instructor will stop to answer questions from attendees. A Zoom link with instructions for entering the meeting as well as a copy of the presenter's PowerPoint will be sent to registered attendees a few days prior to the meeting.

**Wednesday 1 Night No Cost**  
**Oct. 18 6:00 - 8:00 ZOOM**

## BOOK WRITING/ CREATING

### You Wrote a Book, Now What? CE25

*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 a 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**  
**Oct. 10 6:30 - 7:30 Room C-7**

### Build Your Own History Books

*David Plaue*

In these fun and engaging, interactive programs you will "Build Your Own History Book". If you enjoy history, a bit of trivia and continuing to learn about some of the most interesting and influential people in history, you'll enjoy these programs. Titles include: Icons, U.S. History, Women, Latino Americans, and Music. Create one book, or many. The choice is yours! Visit <https://stickerbookpublishing.com/> to preview the books.

**\$35 to build 1 book**

**\$65 to build 2 books**

**\$165 to build all 5 books**

### Build Your Own History Books CE26

*David Plaue*

This was the first book in the series and is an overview of some of most interesting, influential and inspiring people in world history. From Alexander the Great to Aretha Franklin, from Buddha to Beethoven, this fun and interactive program will get your mind moving and your fingers too. Featuring world leaders, inventors, authors, philosophers, humanitarians and much more... enjoy some learning, reminiscing and historical trivia. The 4 follow up books include U.S. History, Women, African Americans and Music.

**Wednesday 1 Night \$35**  
**Oct. 4 6:00 - 7:00 Room C-4**

### Build Your Own History Books CE27

*David Plaue*

This book is arguably our most popular and unique book. Filled with some of most interesting, influential and inspiring people, places and events in American history. From Alexander Hamilton to Andrew Carnegie, from Ellis Island to Pearl Harbor, throw in the Liberty Bell and the Bill of Rights - this fun and interactive program will get your mind moving and your fingers too. Featuring founding fathers, great presidents, historic places and significant events and much much more... enjoy some learning, reminiscing and historical trivia.

**Wednesday 1 Night \$35**  
**Oct. 11 6:00 - 7:00 Room C-4**

### Build Your Own History Books CE28

*David Plaue*

This book contains some of most interesting, influential and inspiring women in the history of the world. From social activists to scientists, world leaders to entrepreneurs - this fun and interactive program will get your mind moving and your fingers too. Featuring such important women figures as Eleanor Roosevelt to Rachel Carson, Margaret Thatcher to Virginia Woolf, you'll enjoy some learning, reminiscing and historical trivia.

**Wednesday 1 Night \$35**  
**Oct. 18 6:00 - 7:00 Room C-4**

### Build Your Own History Books CE29

*David Plaue*

This "just-published" book contains some of the most interesting, influential and inspiring Latino Americans who have changed and continue to change the culture of our country. From political leaders to social activists, iconic entertainers to scientists, important journalists to business leaders - this fun and interactive program will really get your mind going. With figures like Roberto Clemente, Sonya Sotomayor, Cesar Chavez and Gloria Estefan, you'll enjoy some learning, reminiscing and historical trivia.

**Wednesday 1 Night \$35**  
**Oct. 25 6:00 - 7:00 Room C-4**



**Build Your Own History Books   CE30**  
**MUSIC**

*David Plaue*

This book contains some of most interesting, influential and inspiring singers, musicians and bands in the history of music. From oldies to jazz, country to classical, hip hop to classic rock - this fun and interactive program will get your mind moving and your mouth humming... Featuring such significant figures as Mozart to Muddy Waters, Jimi Hendrix to Joni Mitchell, Muddy Waters to The Rolling Stones, you'll enjoy some learning, a trip down memory lane and some fascinating historical trivia.

**Wednesday           1 Night               \$35**  
**Nov. 1               6:00 - 7:00       Room C-4**

**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**



**Homemade Cavatelli with       CE31**  
**Bolognese Sauce**

*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 pasta cavatelli with a Bolognese sauce. Students are welcome to enjoy eating together. If you prefer to eat your creation at home, please bring a container.

**Tuesday           1 Night               \$39**  
**Sept. 19           6:30 to 8:30**

**Homemade Gluten-Free       CE32**  
**Cavatelli with Bolognese Sauce**

*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 **gluten-free** pasta cavatelli with a Bolognese sauce. Students are welcome to enjoy eating together. If you prefer to eat your creation at home, please bring a container.

**Tuesday           1 Night               \$39**  
**Oct. 10           6:30 - 8:30**

**Homemade Pierogi               CE33**

*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.

**Tuesday           1 Night               \$39**  
**Oct. 24           6:30 - 8:30**

**Homemade Fettuccine with   CE34**  
**Shrimp and Clam Sauce**

*Deb Barbiero*

Supply fee \$15 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 fettuccine with shrimp and clam sauce. Students are welcome to enjoy eating together. If you prefer to eat your creation at home, please bring a container.

**Tuesday           1 Night               \$39**  
**Nov. 14           6:30 - 8:30**

**PERSONAL INTEREST**

**Tarot**

*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**  
**Sept. 20       6:30 - 8:30       Room C-3**

**Researching Our Roots-       CE36**  
**An Introduction to Genealogy**

*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**  
**Oct. 16           6:30 - 8:30       C-4**



**Researching Our Roots -       CE37**  
**Digging Deeper**

*Sarah Miller*



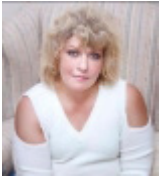
Genealogical research is both rewarding and challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family? Join instructor Sarah Miller as she shares tips and tools to help you dig deeper into your family's past. Sarah will present a case 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**  
**Oct. 23           6:30 - 8:30       C-4**

**Whispers From Heaven**

*Patricia Griffin*

Connect with your  
loved ones



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.**

**Session 1                                       CE38**  
**Wednesday       1 Night               \$40**  
**Sept. 13       6:00 - 7:45       Media Center**

**Session 2                                       CE39**  
**Wednesday       1 Night               \$40**  
**Sept. 20       6:00 - 7:45       Room C-1**

**Session 3                                       CE40**  
**Tuesday           1 Night               \$40**  
**Oct. 11       6:00 - 7:45       Room C-1**

**Session 4                                       CE41**  
**Monday           1 Night               \$40**  
**Oct. 30       6:00 - 7:45       Media Center**

**Session 5                                       CE42**  
**Nov. 13       6:00 - 7:45       Media Center**

**Session 6                                       CE43**  
**Wednesday       1 Night               \$40**  
**Nov. 15       6:00 - 7:45       Room C-1**

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

## HEALTH & WELLNESS

### Reiki Level I Training for Self-Care CE44

*Natalie Nevada*

Reiki is an ancient Japanese energy healing technique for relaxation and deep healing. It is performed by using the hands, either on or hovering above places that need healing. The energy flows from the hands to the physical and spiritual bodies to promote calmness and ease tension. Anyone can learn Reiki! This Reiki Level I Training course will provide you with an in-depth understanding of Reiki – What is it? Where did it originate? How can it be used?, etc. It will connect you to the energy of Reiki Level I so that you can practice it for personal self-care and self-healing. The course will include a series of guided meditations, Reiki placements, and Reiki healing experiences. It will also provide you with the opportunity to practice and develop your own personal Reiki healing styles. Students will receive an official certificate of completion after this level I training course and will be able to practice Reiki as a level I practitioner.

**Wednesdays**      **4 Weeks**      **\$100**  
**Sept. 20**      **6:30 - 7:30**      **Room C-7**



### 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 for a basic budget and payroll. 2 nights per session.

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Oct. 3 & 4 5:00 - 7:00**      **Media Center**

### Microsoft Excel CE48

*Theresa Purdie*

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Dec. 5 & 6 5:00 - 7:00**      **Media Center**



## TECHNOLOGY

### Microsoft PowerPoint CE45

*Theresa Purdie*

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. 2 sessions - each 1 night.

**Tuesday 1 Night**      **\$65.00**  
**Oct. 10 5:00 - 7:00**      **Media Center**

### Microsoft PowerPoint CE46

*Theresa Purdie*

**Tuesday 1 Night**      **\$65.00**  
**Dec. 12 5:00 - 7:00**      **Media Center**

### Microsoft Word CE49

*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. 2 nights per session.

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Sept. 19 & 20 5:00 - 7:00**      **Media Center**

### Microsoft Word CE50

*Theresa Purdie*

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Nov. 28 & 29 5:00 - 7:00**      **Media Center**

### Google Docs, Sheets, and Slides Made Easy CE51

*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. 2 nights per session.

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Oct. 17 & 18 5:00 - 7:00**      **Media Center**

### Google Docs, Sheets, and Slides Made Easy CE52

**Tues. & Wed. 2 Nights**      **\$95.00**  
**Dec. 19 & 20 5:00 - 7:00**      **Media Center**

## DRIVER EDUCATION

### Driver Education DEFA2023

*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 classroom 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.

**Sept. 11, 13, 18, 20, 27\***

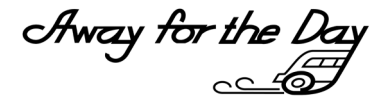
**Oct. 2, 4, 11, 16, 18, 23, 25, 30**

**Nov. 1, 6, 8^**

**6:00 - 8:00PM**      **\$180 ZOOM**

**\* mandatory parent/student program**

**^make up class**



## FALL-WINTER 2023 SCHEDULE

If 25 people or more register for this outing, we'll visit the **Boston Museum of Fine Arts**, tour its outstanding permanent collection, and walk to the **Isabella Stewart Gardner Museum**.

**Wednesday, September 20**      **\$175**

**"New York, New York"** This musical has new lyrics by Lin-Manuel Miranda, and choreography by Susan Strohman. It is 1946: the war is over and New York is rebuilding. "If they can make it here, they can make it anywhere."

Lunch at **Carmine's**.

**Saturday, October 14**      **\$270**

**Historic Hartford, CT** Tour our magnificent **Connecticut State Capitol**, designed in 1879 by Richard Upjohn. Later, we'll visit historic **Butler-McCook Home and Garden** built in 1782 by Dr. Daniel Butler. Trinity professor John McCook, and his family lived in the house until the 1970s. Lunch at **Salute**.

**Wednesday, November 15**      **\$162**

### "Dreamgirls" at Goodspeed Opera

This powerful musical, which opened on Broadway in 1981, was nominated for 12 Tony Awards. Memorable songs include "I Want you, Baby," "Cadillac Car," and "One Night Only." Lunch before the performance at the **Gelston House**.

**Wednesday, December 20**      **\$199**



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.



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.



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

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

Our catalog will be available March 2024



Trumbull Continuing Education For Information call:(203) 452-4554 Register Online: www.trumbullconted.org



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: \_\_\_\_\_

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COMING SOON IN EARLY SPRING  
SUMMER EXPORATIONS!!!

WE ARE ALWAYS LOOKING FOR NEW IDEAS TO  
ENHANCE OUR SUMMER OFFERINGS!!  
PLEASE SUBMIT TO US BY JANUARY 22, 2024.  
cmarr@trumbullps.org

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