

*Trumbull Continuing
Education*

SPRING 2020

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

Dr. Gary Cialfi, Superintendent
Cheryl Gould, Administrative Secretary

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NO CLASSES:

January 1:	New Years Day
January 20:	Martin Luther King
February 17:	Presidents Day
March 5:	High School Conferences
April 13 - 17:	April Vacation
May 25:	Memorial Day
June 1:	Awards Night
June 3:	No Classes

GENERAL INFORMATION

Location of Classes:

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

Shelton Intermediate School, 675 Constitution-Blvd, n, Shelton CT 06484

Mandated Academic Classes such as: ESL, GED, and NEDP located at Wooster Middle School (see page 3)

Tuition:

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

Discounts - not on all classes.

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

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 filled or cancelled, every attempt will be made to notify you.

Storm Day Policy:

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



Academic Registration:

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

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, 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

**Wooster Middle School
150 Lincoln Street, Stratford, CT
06614
(203) 385-4270**

Spring registration and Testing for ESL, ABE/GED, Credit Diploma, NEDP National External Diploma Program, and American Citizenship will be held on the following dates:

January 15, 2020; 1PM - 4PM; Trumbull Library, 33 Quality Street, Trumbull

January 15, 2020; 5PM - 8PM; Trumbull High School, 72 Strobel Road, Trumbull

January 16, 2020; 2PM - 4PM; Stratford Library, 2203 Main Street, Stratford 06615

January 16, 2020; 5PM - 9PM Wooster Middle School, 150 Lincoln Street, Stratford 06614

We offer FREE Mandated day and evening Classes(except CDP and American Citizenship which are evenings only) for ALL Trumbull Residents:

- *Adult Basic Education(ABE)English and Math
- *General Education Diploma (GED) Prep Classes in English, Math, Social Studies and Science
- *Credit Diploma Classes (CDP) for a High School Diploma
- *National External Diploma Program (NEDP) for a High School Diploma
- *English as a Second Language (ESL)
- *American Citizenship Classes

REGISTRATION PROCEDURE:

*You must register in person for ABE/GED, American Citizenship, Credit Diploma Program, NEDP, and English as a Second Language (ESL). *Each registrant must provide proof of age (birth certificate, passport, CT ID), and two proofs of Trumbull residency (mail with name and address) or a notarized Declaration of Legal Residency Form. *GED registrants 17 and 18 years of age must also provide proof of official withdrawal from their previous high school. *Credit Diploma registrants (Evening High School) must provide an official transcript either faxed: (203) 386-3163 or mailed with school seal and proof of an Official Withdrawal form obtained from previous high school in order to register.

ARTS & CRAFTS

Wheel Thrown Pottery 0008

Trevor Youngberg

This class will provide the beginning pottery student with the fundamental skills of working on the potter's wheel. Forms covered will be cup, bowl, and vase. Students will learn how to decorate and glaze their creations as well. Students can expect to become proficient with the creation of their own designs while finding a sense of satisfaction in working this challenging medium. All skill levels welcome. Lab fee of \$60.00 is payable to instructor first night of class. Class Limit is 12.

Mondays 10 Weeks \$160.00
January 27 6:00 - 8:00 Room M-13

Beginner Crochet 0009

Lisa Paniccia

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

Tuesdays 4 Weeks \$100.00
February 25 5:45 - 7:15 Room M-4

Memory Quilt 0013



Diane DiCamillo

Have you ever wanted to make a memory quilt? do you have T-Shirts from special occasions like family vacations, or special T-Shirts that are not worn anymore? If so, then a memory quilt may be just what you need to make. Join Diane as she demonstrates step by step how to make a memory quilt. Even if you've never made a quilt before, if you can sew a straight line on a sewing machine, you can make a T-Shirt quilt. Diane has taught sewing classes for adults and children through the Monroe and Trumbull Board of Education. Currently, she has been running the sewing club at Masuk High mSchool for the past 3 years. **Please bring with you first night of class 15 T-Shirts, and your sewing machine!!**

Materials will be discussed on first night.

Mondays 6 Weeks \$125.00
January 27 6:00 - 8:00 Room M-4

Oil Painting 0010

Michael Barrett

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

Wednesdays 10 Weeks \$190.00
February 19 7:00 - 9:30 Room M-7

Bob Ross Painting 0011

Denise Cirillo-Romaniello

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

Mondays 5 Weeks \$130.00
March 30 6:30 - 8:30 Room M-7

Create a Family Tree 0012



Lisa Paniccia

It's all about family! Come prepared with your family information. A family tree can illustrate ancestry, descent, and relationship of your family members. Come create it on canvas. A material fee of \$10.00 payable to instructor first night of class. **MUST HAVE 7 STUDENTS OR MORE TO RUN CLASSES.**

Please register early!

Monday 1 Week \$50.00
March 16 6:00 - 8:00 Room M-7

Weaving Class (Beginners)  **0014**

Lisa Paniccia

Students will make a weaving loom out of cardboard. Basic weaving techniques will be taught. Participants are asked to bring their own yarn. A material fee of \$10.00 payable to instructor first night of class. **MUST HAVE 7 STUDENTS OR MORE TO RUN CLASSES.**

So please register early!

Tuesday 2 Weeks \$65.00
March 24 5:45 - 7:15 Room M-4



Furniture Painting **0015**

Daniella Toth

Learn the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application. Then more advanced layering techniques, including dry brushing under a colored wash, frottage, stenciling, and creating a weathered look with a wet wax technique. A supply fee of \$20.00 payable to the instructor on the first night of class.

Tuesdays 2 Weeks \$125.00
April 21 6:00 - 9:00 Room M-7

CAMERA OPERATIONS

Basic Digital Camera Operations **0016**

John Zappala

Need help understanding how to use your DSLR camera? This class will help you understand the operating fundamentals of your camera and photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and you can be confident in your picture taking abilities. Whether you are interested in photographing your friends, family, nature landscapes, and sports, this course will certainly help you. Learn how to freeze the action sports, create beautiful portraits with that blurry background and use your flash as professional fashion photographers do. Your pictures will come out great every time. Bring your camera and manual.

Tuesdays 6 Weeks \$125.00
February 4 7:00 - 9:00 Room C-3

Fun With Photography  **0017**

Scot Flewelling

Taking lots of snap shots with your smart phone and want to up your game? Got the basics down, but want to learn more about how to share and preserve those memories? Then this class is for you! We start with some key concepts and essential operations and go to the final products such as social media sharing, printing, and even building video streams from our still images. There is everything in between! The course is very interactive and hands on, so bring your gear and prepare to be busy. We'll even be constructing our own photo studio and work with off camera lighting: smartphone users included. Each participant will receive a bound manual suitable for taking notes (no charge) as well an electronic version."

Wednesdays 6 Weeks \$100.00
February 5 7:00 - 9:00 Room C-3

COLLEGE PREP SAT

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

SAT MATH SAT-M *THS Staff Members*

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

Mondays	6 Weeks	\$110.00
January 27	2:30 - 4:00	Rooms A-4

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	\$110.00
January 29	2:30 - 4:00	Rooms B-13

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

THS Staff Members

Thursdays	6 Weeks	\$110.00
January 30	2:30 - 4:00	Rooms B-13



CONNECTIONS TO COLLEGE

College Application That 0018 Gets You In

Sue Berescik

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

Wednesday	1 Night	\$20.00
April 22	7:00 - 9:00	Room C-3

DANCE

Country Line Dancing 0019

Rebecca Williamson



Enjoy learning to line dance from the basic steps to putting them all together with various assortment of music rhythms. Come have fun learning easy steps as you move in this low impact dance form. No partners needed. No open toe or heeled shoes allowed. **No discount for this class. Six spots available.**

Tuesdays	8 Weeks	\$119
February 11	6:30 - 8:00	Shelton Intermediate School

FINANCIAL

How To Drastically Cut Costs In 0020 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.*

Wednesday	1 Night	\$60.00
March 11	6:00 - 7:45	Room C-5

Entrepreneurship 0020

Beverly Nathan

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

Wednesday 1 Night \$60.00
March 11 7:45 - 9:30 Room C-5

Great Real Estate Deals When Buying Or Selling In Difficult Times 0021

Richard Nathan

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

Wednesday 1 Night \$60.00
March 11 7:45 - 9:30 Room C-4

Secrets- That Wall Street Does Not Want You to Know About 0022

Richard Nathan

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

Wednesday 1 Night \$60.00
March 11 6:00 - 7:45 Room C-4

Medicare Basics.. Get the Facts 0024

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.

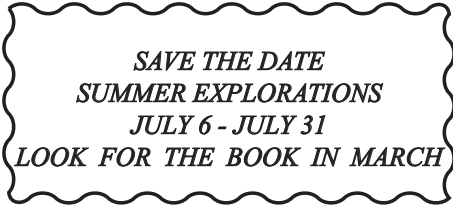
Wednesday 1 Night \$29.00
April 29 6:00 - 7:30 Room C-4

Financial Strategies For Successful Retirement 0025

Steven Jacques

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

Tuesdays 2 Weeks \$35.00
March 24 6:30 - 8:30 Room C-4



Estate Planning 101 0026

Nicole Camporeale

This class will cover the important Estate Planning documents including a Last Will and Testament, Durable Power of Attorney, Health Care Instructions, and a Revocable Trust. You will also learn the difference between Probate and Non-Probate property and what you need to know about estate taxes.

Tuesday 1 Night \$29.00
March 10 6:00 - 7:30 Room C-4

Special Needs Planning 0027

Drazen Rubin Law

Description: Parents are always looking to protect their children with a proper plan, but planning for a child with special needs involves so much more. At this seminar we provide an overview of the potential risks and pitfalls that are out there and how parents can avoid them when creating their plan, while also providing for their children without losing their public benefits.

Tuesday 1 Night \$29.00
June 2 6:00 - 7:30 Room C-4

All About Trusts 0028

Drazen Rubin Law

Do you know the difference between a Will and an Estate Plan? Are you concerned about your children getting divorced in the future, a financial crisis, their ability to manage money? At Drazen Rubin Law's "All About Trust" workshop you will learn how a Trust can be a part of your estate plan and be your Guardian Angel in protecting your beneficiaries from Lawsuits, Creditors, Drug Abuse, Financial Harm, Divorce and how to leave funds to individuals with special needs.

Tuesday 1 Night \$29.00
April 28 6:00 - 7:30 Room C-4

Medicare/Medicaid: 0029

Dispelling the Myth

Drazen Rubin Law

There are many myths & misinformation around Medicare and Medicaid and what exactly the two cover. Learn about the differences between the two, and how you can potentially use them to help pay for your medical needs while still being able to protect your assets.

Medicaid/Medicare What is in a name? Can you get one without the other? During this workshop, the attorneys at Drazen Rubin Law will explain the differences between the programs, how to qualify and the different coverages that are available to you, such as paying for long term care.

Tuesday 1 Night \$29.00
March 10 6:00 - 7:30 Room C-5



Yoga Basics 0030

Jacque LeMeur

Awaken to Spring, stretch and strengthen, let go of stress and increase flexibility in this gentle yoga class. Practice will combine postures, breath work, meditation and restorative poses to create a sense of well-being in body, mind, and spirit. Poses are taught emphasizing alignment and self-awareness to cultivate a sense of confidence and competency. Come let's practice together, explore this ancient practice, and experience its remarkable benefits. Bring a mat, block, and towel or yoga blanket.

Mondays 8 Weeks \$140.00
January 27 7:30 - 8:45 Media Center

Yoga-Moderate 0031

Jacque LeMeur

Awaken to Spring, stretch and strengthen, let go of stress and increase flexibility in this Level 1-2 yoga class. Practice will combine postures, breath work, meditation, and restorative poses to create a sense of well-being in body, mind, and spirit. Poses are taught emphasizing alignment and self-awareness to cultivate a sense of confidence and competency. Come let's practice together, explore this ancient practice and experience its remarkable benefits. Bring a mat, block and towel or yoga blanket

Wednesdays 8 Weeks \$140.00
January 29 7:30 - 8:45 Media Center



PiYo-Beginners 0032

Tina Killoran

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

Mondays 10 Weeks \$140.00
January 6 6:00 - 7:00 Band Room



PiYo-Beginners 0033

Tina Killoran

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

Wednesdays 10 Weeks \$140.00
January 8 6:00 - 7:00 Band Room

Traditional Chinese Internal Healing Exercises and Meditation 0034

Randall Kirik

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

Tuesdays 10 weeks \$145.00
March 3 7:30 - 9:00 Media Center



Intro To Gardening Learn 0035

How To Plan Your Outdoor Garden

Karel Julian

Clas includes site planning, choice of plants, and maintenance. Using Herbs in your landscape and poisonous plants will be discussed. **No discount for this class. Six spots available.**

Monday 1 Week \$29.00
March 9 6:30 - 8:00
Shelton Intermediate School

Plant Safety: Two Sides To Every Leaf 0036



Karel Julian

Choose your house and yard plants with knowledge as to whether or not they are harmful to humans or pets. Plants can contain dangerous leaves, flowers, and berries. Increase your awareness of common toxic plants and what to safely purchase. **No discount for this class. Six spots available.**

Wednesday 1 Week \$29.00
March 18 6:30 - 8:00
Shelton Intermediate School

Vegetable Garden 0037



Karel Julian

For beginner gardeners, learn how to set up, design, and cultivate a small vegetable garden. Review the basics of preparing the soil and choosing the best plants for our climate. **No discount for this class.**

Tuesday 1 Week \$29.00
March 24 6:30 - 8:00
Shelton Intermediate School



Get Golf Ready 0038

Bobby Brown PGA Professional at

Tashua Knolls.

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

Mondays 5 Weeks \$150.00
April 6 5:00 - 6:00 Tashua Knolls

Get Golf Ready 0039

Mondays 5 Weeks \$150.00
April 6 6:00 - 7:00 Tashua Knolls

HEALTH

Three Day Detox Cleanse 0040

Deb Barbiero

It's time to reclaim your health! Be guided through a simple 3-day cleanse of fresh, seasonal foods while the instructor prepares one of the meals for you to enjoy during class. Receive a shopping list and recipes for breakfast, lunch and dinner for three days. **Only 3 spots available. No discount for this class.**

Tuesday 1 Week \$39.00

January 28 6:30 - 8:00 Metamorphosis

Body, Mind & Spirit,

32 Woodfield Drive, Shelton.

Gluten-Free Eating 0041

Deb Barbiero

Learn which foods to eat and avoid if you have Celiac disease, gluten intolerance, wheat sensitivity or wheat allergies. It's not just in your foods. **Six spots available. No discount for this class.**

Monday 1 Week \$39.00

February 24 6:30 - 8:15

Shelton Intermediate School

How Nutrition Can Reduce Inflammation in your Body 0042

Deb Barbiero

Learn which foods to avoid and to include in your diet to give you more energy, reduce pain and bloat which is a result of inflammation in your body. A great class for people trying to lose weight, manage thyroid, Type II diabetes, and other inflammatory diseases. **Six spots available. No discount for this class.**

Tuesday 1 Week \$39.00

March 3 6:30 - 8:15

Shelton Intermediate School

Thyroid Healing Nutrition 0043

Deb Barbiero

What you eat affects how your thyroid works. Learn the foods needed to maintain and improve thyroid health and those to avoid while battling thyroid disease. Your instructor improved her health with proper nutrition while battling Hashimoto's disease. **Six spots available. No discount for this class.**

Wednesday 1 Week \$39.00

March 11 6:30 - 8:15

Shelton Intermediate School

LANGUAGE

Spanish 0044

Virginia Dileo

Learn to communicate in Spanish. Spanish is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. In this difficult job market, any tool that can give an edge is worth the time investing. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations.

Tuesdays 10 Weeks \$150.00

February 4 5:30 - 7:30 Room C-6

Spanish 2 0045

Virginia Dileo

Learn to communicate confidently in Spanish. This course will provide the student with the skills needed to carry on a conversation! This class can be instrumental in helping with getting a job or an advantage of your current job. If you plan to travel abroad, speaking the language can make the trip much more fun! Prior knowledge of Spanish is helpful.

Wednesdays 10 Weeks \$150.00

February 5 5:30 - 7:30 Room C-6

PERSONAL INTEREST

How To Communicate With Your Angels 0046

Robin Tesei

If you are longing to communicate with your angels, this class is for you! This class will teach you how to access your angels, to receive their inspiring messages through dictated writing, and to learn your angel's name. You can ask your angels about anything in your life that you will like to have, to do, or become. All angel messages will empower you with their loving support, healing, insight, and guidance.

Wednesday 1 Night \$40.00

January 22 7:00 - 9:00 Room C-2

Forgiveness – What Does This Really Mean? 0047



Robin Tesei

Forgiveness means we are not allowing the other person's behavior to affect us any longer. Forgiveness Does Not mean we are saying the other persons words or actions are Okay. In this class you will learn tools to release the pain, anger, and frustration felt from others hurtful actions or words. We will discuss the importance of forgiveness as a gift to ourselves and how forgiveness is about our own healing. We will work with the Archangels to heal the hurt and to help pour forgiveness and love into our hearts. This class will also cover: How do we forgive? Self-love; Releasing Control; Forgiveness Exercise/ journal.

Tuesday **1 Night** **\$40.00**
January 28 **7:00 - 9:00** **Room C-2**

Healing With The Archangels 0048

Robin Tesei

This amazing workshop will teach you about the 15 powerful Archangels and their roles in healing and guiding you in areas of relationships, money, career, fear blocks, health, and much more. With the help from Archangels Michael and Metatron, this class will teach you healing modalities to clear your mind, body, and soul. We will evaluate your life balance and learn which Archangels can help.

Tuesday **1 Night** **\$40.00**
February 11 **7:00 - 9:00** **Room C-2**

Angel Signs/Numbers 0049

Robin Tesei

Your angels are frequently giving you messages through signs, such as rainbows, repetitive number sequences, coins, feathers, and hearing meaningful songs. This eye-opening workshop will teach you how to ask the angels for signs, discuss ways the angels show you signs, how to recognize these signs, and what the number sequences mean. A handout of angel numbers and meanings will be provided.

Tuesday **1 Night** **\$40.00**
February 25 **7:00 - 9:00** **Room C-2**



Crystals And Angels 0050

Robin Tesei

The Crystals & Angels workshop combines the healing energy of the Crystals with the divine energy of the Angels, through Crystal Therapy. Crystals are powerful tools and Angels are spiritual beings that assist in healing all areas of our life – physical, spiritual, emotional, financial, and health. We will discuss the healing properties of the most popular Crystals and the Archangels with which they work in harmony. You will also learn how to connect with your Angels, and techniques for cleansing and charging Crystals. As a bonus, I will share Doreen Virtue's messages channeled directly from the crystals and you will receive a crystal as a gift.

Tuesday **1 Night** **\$40.00**
March 10 **7:00 - 9:00** **Room C-2**

Substitute Teaching And Para Professional Guide 0051

Maryann Dikranian

This course is designed to provide helpful strategies and techniques for those choosing to become a substitute teacher and/or para professional. The course is divided into four sections: school rules and procedures, class management strategies, and ideas for a variety of educational and fun filled activities. ***Fee is refunded by Trumbull Board of Education upon becoming a regular substitute.

Tuesdays **4 Weeks** **\$85.00**
March 31 **7:00 - 9:00** **Room C-2**

How to Write a Short Story 0052

Six Weeks to Your Story

Tina DeMarco

Everyone has a story. Especially the ones we want to write but aren't sure how to begin. It might be an idea about love and romance, a mystery, fantasy, or even political suspense that's been nagging at you for a long time. It can be something about your experiences or your family history that you want to share with others. And you want to turn your ideas into stories for others to read. Trouble is, you just don't quite know how to do it. This creative writing workshop is geared to helping you find your voice and a clear path to starting your writing up. Over the six weeks of classes, we will cover the basics of how to write a short story. I'll give you handouts and exercises to get started – all in a safe, supported environment. By the time you leave this class, you'll share something only you can write – a memorable piece, scene by living scene. Just remember - Everybody's story is worth telling!

Tuesdays **6 Weeks** **\$125.00**
April 21 **7:00 - 9:00** **Room C-6**

NEW
SATURDAY
CLASSES
These Classes are not discounted

Saturday! CT Security Officer Certification Course 0053

Joseph Porto

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

Saturday 1 Week \$99.00
March 14 8:00AM - 4:30PM
Adult Learning Center, 54 Grove St, Shelton, CT



Saturday! Boating Safety, Personal WaterCraft 0054

Steve Perrone, Bob Gesullo

The About Boating Safety course (ABS) covers topics involved in the safe operation of recreational boating and seamanship, as well as Personal WaterCraft (PWC) operation. Successful completion of the ABS course satisfies the CT licensing requirements for both boats and PWC. For details, email the instructor at skperrone@hotmail.com. Prior to class, you must obtain your FREE State of CT Conservation ID # at ct.outdoorcentral.net/InternetSales/Sales. You must bring this number to class to receive credit for taking the course. **Ten spots available. No discount for this class.**

Saturday 1 Week \$69.00
March 14 8:00AM - 5:00PM
Adult Learning Center, 54 Grove St, Shelton, CT



Saturday! Mindfulness...For Stress Reduction, Relaxation, And A Better You! 0055

Dr. Lori Monaco

This wonderful lecture discusses mindfulness, how to create mindfulness in your life and why this is so vital and necessary for today's living! There is a meditation segment so be prepared to feel like you are going to float away by the end of the workshop! **Six seats available. No discount for this class.**

Saturday 1 Week \$25.00
March 14 10:00AM - 12:00PM
Adult Learning Center, 54 Grove St, Shelton, CT

Saturday! Needle Felting 0056

Kayleigh Mihalko

Needle felting transforms wool roving yarn into 3D sculptures using a special needle. Learn to needle felt a cute kitty cat about 2.5" tall out of 100% wool. Material fee of \$5 payable to the instructor the day of class. **Six seats available. No discount for this class.**

Saturday, 1 Week \$39.00
March 21 10:00AM - 12:00PM
Adult Learning Center, 54 Grove St, Shelton, CT



Saturday! To Really Make It In Voice-Overs! 0057

Nicole Porche

Learn to get around the competition and turn voice-overs into a thriving business! You've heard the instructor - now hear him live as he illustrates how to use your speaking voice for commercials, films and videos! **Ten seats available. No discount for this class.**

Saturday 1 Week \$49.00
March 21 10:00AM - 12:00PM
Adult Learning Center, 54 Grove St, Shelton, CT



Saturday! Researching Your Roots 0058

Sarah Miller

Begin to trace your family tree. Be connected to the resources professional researchers use. Start your research in class with access to some of the instructors paid genealogical subscriptions. Bring a laptop or tablet to class. **Six seats available. No discount for this class.**

Saturday 1 Week \$59.00
March 14 10:00AM - 12:00PM
Adult Learning Center, 54 Grove St, Shelton, CT

TECHNOLOGY

Introduction to Microsoft Word 0059

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.

Wednesdays 2 Weeks \$90.00
January 22 6:00 - 8:00 Room A-16

Introduction to Microsoft Word 0060

Theresa Purdie

Wednesdays 2 Weeks \$90.00
March 11 6:00 - 8:00 Room A-16

Introduction to Microsoft Excel 0061

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.

Wednesdays 2 Weeks \$90.00
February 5 6:00 - 8:00 Room A-16

Introduction to Microsoft Excel 0062

Theresa Purdie

Wednesdays 2 Weeks \$90.00
March 25 6:00 - 8:00 Room A-16

Introduction to PowerPoint 0063

Theresa Purdie

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

Wednesday 1 Week \$60.00
February 19 6:00 - 8:00 Room A-16

Introduction to PowerPoint 0064

Theresa Purdie

Wednesday 1 Week \$60.00
April 8 6:00 - 8:00 Room A-16

Google Docs, Sheets and Slides Made Easy 0065

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.

Wednesdays 2 Weeks \$90.00
February 26 6:00 - 8:00 Room A-16

Google Docs, Sheets and Slides Made Easy 0066

Theresa Purdie

Wednesdays 2 Weeks \$90.00
April 22 6:00 - 8:00 Room A-16



SPRING-SUMMER 2020 SCHEDULE

"Swan Lake" The NYC Ballet will perform this timeless ballet with a sublime score by Tchaikovsky, and choreography by Peter Martins. Lunch at Café Fiorello.

Sat., Feb. 22 Deadline: Jan. 20 \$240

"Jesus Christ Superstar" This performance at Harford's Bushnell Theater features music by Andrew Lloyd Webber and music by Tim Rice. Lunch at V's Trattoria

Sat., Feb. 29 Deadline: Jan. 26 \$184

Metropolitan Museum of Art Two exhibitions "Jewelry for America" and "In Pursuit of Fashion: The Sandy Schrier Collection" will appeal to the fashion-conscious.

Wednesday, March 4 \$115

"Tina Turner Musical" This sizzling Broadway musical pays tribute to a 12 Grammy winner, who became the "Queen of Rock" with her iconic songs from the '60s and '70s.

Saturday, May 2 \$240

"Bandstand" New Haven's Shubert

Theater presents this new American musical which explodes with infectious music and heart-stopping dancing.

Saturday, June 6 \$189

Wadsworth Atheneum and Butler McCook House Our day will include an art and a history tour.

Friday, June 12 \$134

"South Pacific" Join us at Goodspeed Opera House for Rodgers and Hammerstein's tale of love, war, and desire which revolves around struggles for territory against an enemy and battles for the heart.. Lunch at the Gelston House.

Wednesday, June 17 \$174

To receive a complete brochure with pick-up times and to be added to our mailing list, call

Jill Meyer 203-226-4310 or
e-mail jill@awayfortheday.net

DRIVER EDUCATION PROGRAM



Trumbull High School offers a comprehensive Driver Education Program. This program consists of 30 hours of classroom instruction, includes 8 hours of safe driving practices, 8 hours of on the road training, and a mandatory 2 hour parent training workshop.

Students must be 16 years of age prior to the start of the classes. On the road training is by appointment. Register early!

Registrations are available in the THS Main Office or outside the Drivers Ed Office. For upcoming class dates please check the THS website or call 203-452-4577. The Driver's License Road Test is offered at Trumbull High School. Appointments are limited, register early. Applications for the test are available at Continuing Ed Office.

TRUMBULL PUBLIC SCHOOLS

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

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



Substitute Custodians, No Experience Needed
Please contact Debra Kohn
for more information at:
203-452-4306.



HEADSTART is now recruiting children who will be
3 or 4 years old by December 31 from Trumbull, Monroe,
Easton, North Bridgeport, Stratford, Fairfield, and Newtown
for its Fall 2019-2020 Preschool Program.

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

Priority is given to 4 year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this **FREE**, Award-Winning, Preschool Program. Call 203-452-4422 for more information.



**REGISTRATION FORM
PRINT CLEARLY**

Name _____
Last
First

Address _____
Street
City
State
Zip

Phone _____
Days
Evenings
Cell

Email _____

COURSE #	COURSE TITLE	FEE
	Senior Citizen 10% Discount	\$
	Total	\$

PAYMENT INFORMATION:

NAME ON CARD _____

CARD # _____ **CVV #** _____

EXP. DATE _____

_____ **CHECK** _____ **VISA** _____ **MASTERCARD**

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

Please read and sign waiver.

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

Signature: _____ Date: _____ 15

72 Strobel Road, Trumbull, CT 06611
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Trumbull



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COMING SOON IN EARLY SPRING
SUMMER EXPLORATIONS!!!

WE ARE ALWAYS LOOKING FOR NEW IDEAS TO
ENHANCE OUR SUMMER OFFERINGS!!
PLEASE SUBMIT TO US BY JANUARY 28, 2020.
cgould@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!