

Trumbull Adult
and
Continuing Education

FALL 2015

“LEARNING IS A
LIFE LONG
EXPERIENCE”

Register Online:

www.trumbullconted.org

For Information Call

(203) 452-4554



*Welcome To
Trumbull Adult &
Continuing Education*

**“LEARNING IS
A LIFE LONG
EXPERIENCE”**

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STAFF

*Dr. Gary Cialfi, Superintendent
Robert A. DeCerbo, Director
Cheryl D. Gould, Secretary*

GENERAL INFORMATION

Location of Class:

Classes will be held at TRUMBULL HIGH SCHOOL, 72 Strobel Road, unless otherwise specified.

Tuition:

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

Registration:

All registrations are processed in the order received. Registration may be completed in three ways:

***On Line:**

www.trumbullconted.org



***By Mail:**

Two courses may be listed per form. If you are signing up for more than two courses, attach a second form. Photocopying is OK. Include: Check(s) or money order. One check may be used to pay for more than one student.



CONFIRMATION 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 bad weather closes the regular public schools, or there is an "early dismissal," ALL Continuing and Adult Education classes will be cancelled. If the public schools have a "delayed opening," evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE.



There are no classes on the following days.....

- September 14, 2015**
Rosh Hashanah
- September 23, 2015**
Yom Kippur
- September 24, 2015**
Back to School Night
- October 12, 2015**
Columbus Day
- October 21, 2015**
8th Grade Open House
- November 19, 2015**
High School Conferences
- November 27 - 27, 2015**
Thanksgiving Break
- December 23, 2015 - January 1, 2016**
Winter Break

NONDISCRIMINATION STATEMENT FOR ADULT EDUCATION:

No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance

ACCESSIBILITY AND ACCOMMODATION STATEMENT:

Those needing assistance to gain access to classrooms or any other part of the building should contact Trumbull Continuing Education at (203) 452-4554 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Trumbull Continuing Education.

Accommodations for the GED test are available for qualified individuals with a disability. For more information, contact Sabrina Mancini, Connecticut State Department of Education at 860-807-2110, or email at sabrina.mancini@ct.gov



ACADEMICS

ESL & GED

Placement Test

New students to Trumbull **ESL** and **GED** must take a placement test prior to being assigned a class. Students should plan on coming early so they can register for the class prior to taking the test. Tests dates are:

Tuesday, September 15, 2015

Wednesday, September 16, 2015

7:00PM

Room C-1

ESL-Beginner 0002

Patrick Fahey

This course is designed for the foreign-speaking person with limited English proficiency. Emphasis will be on pronunciation, vocabulary and conversation. Cultural notes on the United States for everyday living are included.

Patrick has a Bachelor of Science in Child Development, California State University at Fullerton. Masters in Education, Cross Cultural Teaching National University.

M & W 10 Weeks

September 28 6:30 - 9:00 Room C-1

ESL-Intermediate 0003

Maryann Dikranian

This course is designed for the foreign-speaking person wishing to expand his/her knowledge of English pronunciation, conversation and vocabulary. Basic verb tenses are covered as well as questions and command structures. American culture is also covered.

M & W 10 Weeks

September 28 6:30 - 9:00 Room C-12

ESL-Advanced 0004 Citizenship

This course is designed specifically for the foreign-born. Emphasis is placed on expanding vocabulary and improving pronunciation, grammar, conversational, and writing skills. Instruction for those wishing to become U.S. citizens is also provided.

M & W 10 Weeks

September 28 6:30 - 9:00 Room C-14

Adult Basic 0005 Education English and Math (ABE)

Hope Spalla

This course is designed for those who feel they would like to improve their competency in basic math, reading and writing and in adult life skills. It is especially helpful to those planning to obtain a high school diploma through the National External Diploma Program (EDP) or GED. Individualized programs will be prescribed based on diagnostic pretesting.

M & W 10 Weeks

September 28 6:30 - 9:00 Room B-13

GED Preparation 0006

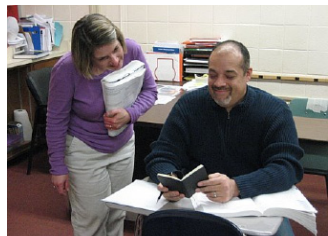
Hope Spalla

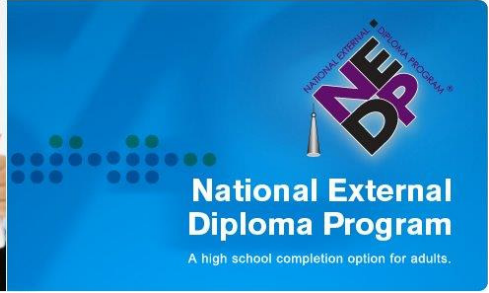
The GED program is designed for people who have not completed their formal high school education. You can prepare to take the GED test through our classes, or take a practice GED test to determine your next step. These classes provide the necessary instruction for the Social Studies, English, Science and Mathematics sections of the GED High School Equivalency Examination. To participate in GED classes, applicants must be 16 years of age or older and no longer enrolled in school. Applicants must have a letter of withdrawal signed by a parent or guardian when registering. Those who are interested in taking the GED test can contact us for information (203) 452-4554.

M & W 10 Weeks

September 28 6:30 - 9:00 Room B-13

..... :
: **Textbooks and Workbooks:** :
: **Educational resource materials such as,** :
: **textbooks and workbooks are provided,** :
: **without a fee; however, a deposit may be,** :
: **charged for a textbook or a workbook.** :
: **The return of the deposit would be sub-** :
: **ject to the book being returned in a** :
: **condition suitable for reuse.** :
: :





Looking for a different way to earn your high school diploma? The National External Diploma Program could be right for you!

Have you ever:

- opened a bank account?
- voted for an elected official?
- interviewed for a job?
- compared two different products?
- owned or rented a home?
- looked for information online?

Consider NEDP's innovative approach.

Use the skills you've gained from life and work experience to demonstrate your reading, writing and math high school level skills.

**Complete program in
6 to 12 months**



Earn Traditional
High School; Diploma



This web-based program for adults and out-of-school youths offers flexibility to earn your diploma even if you are employed full time, enrolled in job training, or have other commitments.

Flexible and Confidential

For an individual
appointment or for more
information call
203-452-4554

ARTS & CRAFTS

Knitting 0007

Nancy Henderson

Beginner: This course will cover the stitches needed to complete a basic sweater. Size 7 or 8 needles and scrap worsted weight yarn should be brought to the first class. Material list for projects will be given at the first class. Intermediate & Advanced are also welcome!

Bring in your current project.

Wednesdays 10 Weeks \$95.00
September 30 7:00 - 9:00 Room M-4

Crocheting 0008

Nancy Henderson

Beginner: This course will cover the basic stitches needed to complete an item. Bring a size "J" hook and scrap worsted yarn to the first class. Material lists for projects will be given at the first class. Intermediate & Advanced are also welcome! Bring your current project.

Wednesdays 10 Weeks \$95.00
September 30 7:00 - 9:00 Room M-4



Basic Beaded Jewelry 0009

Regina Burns

Do you love fashion jewelry? Learn to make stylish earrings, bracelets and more. Perfect course for creative souls who wish to finish 1 piece per class. Jewelry will be hand made from basic techniques, using your favorite beads of all sizes, colors and materials. You'll need a few tools, beads and findings, available at most craft stores. Relax, network and enjoy a centuries old craft.

Tuesdays 5 Weeks \$50.00
September 29 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 also stresses one-to-one consultation.

Wednesdays 10 Weeks \$185.00
October 7 7:00 - 9:30 Room M-7



Watercolor-Beginner 0011 Anyone Can Do It!

Diane Napolitano

This course is for beginners, intermediates, as well as advanced— learn how to use this wonderful medium and have fun while learning. You will learn how to control your paint and have it do what you want it to do—not what it wants to do! Watercolor is fun and easy—join us. There will always be something new to learn.

Please contact instructor for supply list:
napolitanj@comcast.net

Tuesdays 8 Weeks \$115.00
September 29 7:00 - 9:00 Room M-7



CONNECTIONS TO COLLEGE

College Admissions 0012 Getting Started, Organized, And Getting In!

Mary Spiegel, CEP

Understand and preparing for the entire college search and admissions process is the topic of this one-night seminar for high school students and their parents. This one session will offer an overview of the entire admissions process from the perspective of an experienced admissions director and independent college advisor.

Tuesday 1 Night \$15.00
October 6 6:30 - 8:00 Room C-5

College Application 0013 That Gets You In

Sue Berescik

This course is designed for those who are applying for college. It offers the 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 \$15.00
October 14 7:00 - 9:00 Room C-5

Pay For College 0014 Without Going Broke

Michael Dailey

Paying for college can be a daunting task. How can parents determine what they can afford before their child begins searching for colleges. Will the family be eligible for need based or merit aid? What are the aid disqualifiers and how to eliminate them. This class will show you how to search for colleges that are academic, social, and financial fits. Reports on your family's aid eligibility and aid disqualifiers will be available at no cost. This course is a must for parents who want to maximize their child's eligibility for need aid and merit aid regardless of parent income or assets; develop a game plan for searching and paying for college that you are capable and willing to pay for and how to avoid the biggest mistakes parents often make.

Tuesday 1 Night \$15.00
November 10 7:00 - 8:30 Room C-5

S.A.T. Prep - Math 0015

Brian Smith

This course prepares you for the math section of the S.A.T. Not only will students be given an initial assessment, the course will focus on strategies to succeed with the new version. Students will also be exposed to all questioning techniques in an effort to improve confidence and scores.

For November 7 Exam

Wednesdays 5 Weeks \$275.00
September 30 6:00 - 8:30 Room C-2

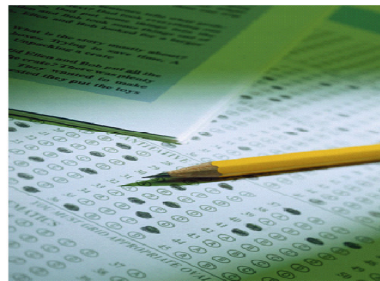
S.A.T. Prep - English 0016

Hope Spalla

This course prepares you for the verbal section of the S.A.T. Included are tactics for doing sentence completion, grammar, critical reading questions and vocabulary. Students will also learn how to write a well-developed essay which is a component of the S.A.T.

For November 7 Exam

Thursdays 5 Weeks \$275.00
October 1 6:00 - 8:30 Room B-13



COOKING

Cooking by "Patrizia" 0017

Pat Grosso

Share my passion for Italian cuisine by learning the joys of simple, classic Italian cooking using the freshest of seasonal ingredients to create mouth-watering recipes. From appetizers to desserts, your palate will be treated to amazing flavors and textures! Join us for this series of tasty cooking experiences, using authentic recipes from Tuscany, Italy. We will make appetizers, main entrees, vegetables, and dessert, all with an Italian flair! Meats, fish, and pasta will be featured on our tasting journey! Please bring a dish towel, plate, utensils, and an apron to each class. A \$35 lab fee is payable to the instructor on the first night of class.

Tuesdays 8 Weeks \$120.00
September 29 6:00 - 8:00 Culinary
Room M-6A



Tradition and Non 0018

Traditional Fall Food

Lorri Wilson

Let's take the stress out of the season and just enjoy the great array of foods! This will be a three part class. First class will be fall vegetable, second you will bring in a small turkey 10-12 pounds and last easy as pie dessert, how to make homemade crust! Please bring a dish towel, plate, utensils, storage containers, and an apron to each class. A \$30 lab fee is payable to the instructor on the first night of class.

Wednesdays 3 Weeks \$45.00
September 30 7:00 - 9:00 Culinary
Room M-6A



Not Just Salads 0019

Lorri Wilson

Did you think becoming a vegetarian meant you had to eat only "salads", no more traditional American foods? This class will teach you to compose and cook healthy meals from the five culinary regions of the United States from a vegetarian point of view. Please bring a dish towel, plate, utensils, storage containers, and an apron to each class. A \$30 lab fee is payable to the instructor on the first night of class.

Wednesdays 4 Weeks \$60.00
October 28 7:00 - 9:00 Culinary
Room M-6A



DANCE

Salsa - Level I 0020

Deb Linley

Salsa is a fun and exciting Latin dance which anyone can learn! In this 5 week beginner class, we will cover partner work and basic Salsa patterns with emphasis placed on leading and following. All new dance steps taught will be repeated and reinforced allowing students to become familiar and comfortable with their newly acquired dance skills. Dance away stress, have fun and meet new people as we get you dancing in no time! Couples or singles welcome.

Tuesdays 5 Weeks \$75.00
October 13 7:00 - 8:00 Senior
Lounge



Adult Ballet II 0021

Susanna Pham

Introducing new skills at the barre while advancing from the basics. Helpful visuals and text will be provided. Comfortable loose clothing with socks or slippers are suggested.

Wednesdays 4 Weeks \$60.00
September 30 6:00 - 7:00 Senior
Lounge

FINANCIAL

Reverse Mortgages - 0022

Debunking The Four Myths

Sara Cornwall

Have you ever seen a television commercial advocating Reverse Mortgages? Get the right information from our local reverse mortgage expert Sara Cornwall. Sara will debunk the 4 myths around these loans, illustrate their pros and cons and discuss what makes reverse mortgages different from standard home equity loans. She will also explain how to find the right lender to fit your needs.

Monday 1 Night \$20.00
November 16 7:00 - 8:30 Room C-3

Estate Planning 0023

Patricia R. Beauregard, Esq.

This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including recent changes. Learn about the probate process and avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations.

Tuesdays 3 Weeks \$60.00
September 29 7:00 - 9:00 Room C-3

Retirement Planning 0024

Michael Alimo

Retirement is one of the most important life events many of us will ever experience. From both a personal and financial perspective, realizing a comfortable retirement is an incredibly extensive process that takes sensible planning and years of persistence. Even once it is reached, managing your retirement is an ongoing responsibility that carries well into one's golden years. While all of us would like to retire comfortably, the complexity and time required in building a successful retirement plan can make the whole process seem nothing short of daunting,

Wednesday 1 Night \$20.00
December 2 7:00 - 9:00 Room C-3

Taking Control

0025

Mary Jo Romano

This workshop focuses on personal finances from a woman's perspective. The educational presentation is designed to help you strengthen your financial future and covers these important action items: getting your financial house in order, preparing for the unexpected, putting your money to work by investing, building a healthy nest egg for retirement, facing financial hardship and addressing estate and legacy issues. The workshop offers sound, practical strategies that you can use immediately. I'll also cover specific information for women who face divorce or widowhood, as well as many other concerns that could directly affect your finances, such as maintaining good credit and maximizing Social Security benefits. Everyone who attends will receive a full-color, 20-page workbook filled with a wealth of information and exercises.

Tuesday 1 Night \$20.00
October 13 6:30 - 8:30 Room C-2



Tax Free In Retirement 0026

Michael Alimo

Retirement is one of the most important life events many of us will ever experience. From both a personal and financial perspective, realizing a comfortable retirement is an incredibly extensive process that takes sensible planning and years of persistence. Even once it is reached, managing your retirement is an ongoing responsibility that carries well into one's golden years. While all of us would like to retire comfortably, the complexity and time required in building a successful retirement plan can make the whole process seem nothing short of daunting. However, it can often be done with fewer headaches (and financial pain) than you might think - all it takes is a little homework, an attainable savings and investment plan, and a long-term commitment. Learn techniques that will help you navigate your way in preparation to retirement.

Tuesday 1 Night \$20.00
October 27 7:00 - 9:00 Room C-3



Social Security & Its Components 0027

David Weyner

When to collect Social Security may be the single most important decision you make when it comes to your retirement. There are a number of common mistakes people make when signing up for benefits. A most basic one is, don't assume you can draw full benefits at age 65. The rules have changed. This is a great opportunity to learn KEY CONCEPTS you need to know BEFORE applying for Social Security. Several little-known strategies may boost lifetime benefits & increase retirement income by tens of thousands. We will inform you about: How Social Security benefits are calculated and the advanced planning required to increase them. Why married couples can miss out on significant lifetime sums. (We suggest spouses attend!). Special strategies for married couples, divorced individuals and minor children.

Wednesday 1 Night \$20.00
October 14 7:00 - 9:00 Room C-3

Financial Strategies For Successful Retirement 0028

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; how to make appropriate health care decisions, especially who will provide care, where you 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 three 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 first night of class.

Mondays 3 Weeks \$35.00
November 2 6:30 - 8:30 Room C-2



Away for the Day



FALL-WINTER 2015 SCHEDULE

A Trip Along Broadway Join Paul Rush, NYC Historian and Guide, on a bus-walking tour which will include Hispanic Society of America, Columbia University, Tom's Restaurant, Lincoln Center, City Hall, the Woolworth and Haughwout Buildings, Tweed Courthouse, St. Paul's Chapel, Trinity Church, the Museum of American Indian Art. Lunch at Mont Blanc.

Thursday October 8 \$138

Lower East Side Touring the dark, crowded apartments in the Lower East Side Tenement Museum, we can picture what life was like for immigrants at the turn of the 20th century when the area was densely populated. Following lunch at Katz's Deli, we'll visit the magnificently refurbished Eldridge Street Synagogue to learn more about the American immigrant experience from a Jewish perspective.

Thursday October 15 \$128

Princeton, NJ During our tour of the NJ Governor's Mansion, we'll learn about the history of this beautiful building. After lunch at the Nassau Inn, we'll visit the Princeton University Art Museum for a tour of the exhibit "Cezanne and the Modern" with works by Degas, Manet, Van Gogh, and Cezanne.

Wednesday October 28 \$134

"It's a Wonderful Life" Goodspeed's holiday musical is one of the most heart-warming stories ever told. When George Bailey, who has abandoned his dreams, contemplates suicide on Christmas Eve, guardian angel Clarence intervenes and shows George how essential he has been to others in his community. Lunch at the Griswold Inn.

Thursday November 12 \$159

Connecticut Governor's Mansion When we visit this elegant 1909 Georgian Revival mansion, it will be decorated for the holidays and we may have a visit from Santa. After lunch at Grant's, we'll visit the Wadsworth Atheneum to tour the Annual "Festival of Trees and Traditions," where we'll find firs and wreaths bedecked for the holidays by numerous Hartford organizations.

Friday December 4 \$137

To make a reservation, please call
 Jill Meyer at 203-226-4310
 or e-mail her at jill@awayfortheday.net

**Secrets- That Wall 0029
Street Does Not Want You to
Know About**

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 \$55.00
October 27 6:00 - 7:45 Room C-2**

Entrepreneurship 0030

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.

**Tuesday 1 Night \$55.00
October 27 7:45 - 9:30 Room C-5**



**Great Real Estate 0031
Deals When Buying Or
Selling In Difficult Times**

Rick 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 for no money down. Also, 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 \$55.00
October 27 7:45 - 9:30 Room C-2**

**How To Drastically 0032
Cut Costs In 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 your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail and money saving web sites will be discussed. Optional Material Fee \$20.00.

**Tuesday 1 Night \$55.00
October 27 6:00 - 7:45 Room C-5**

FITNESS & HEALTH

PiYo-Beginners 0033

Tina Killoran

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. But 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 exerciser. Please bring a yoga mat, towel, and water to hydrate.

Mondays 10 Weeks \$120.00
September 28 6:00 - 7:00 Media Center

Zumba 0034

Michele Santoro

Zumba is a dance fitness program based on international rhythms. A Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique balance of cardio and muscle-toning benefits. You do not need to know how to dance to Zumba. So come Join the Party!

Wednesdays 10 Weeks \$100.00
September 30 7:00 - 8:00 Booth Hill School

Memory Training 0035

David Drzal

The human brain naturally declines after the age of 25 due to many factors such as lack of sleep, poor diet, outdoor & indoor air pollution ... but you can reverse that! Learn to improve your memory, increase your concentration and help off-set early stages of Alzheimer's Disease through a series of mental, physical & meditational exercises. Healthy brain snacks & organic beverages provided

Mondays 6 Weeks \$65.00
September 28 6:30 - 8:00 Room C-6



Get Golf Ready 0036

Bobby Brown

Bobby Brown is the Director of Golf, 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 does not include golf balls at the driving range, (\$5.00 per bucket.) Register early, **class limit 12.**

Mondays 6 Weeks \$140.00
September 21 5:30 - 6:30 Tashua Knolls

Get Golf Ready 0050

Mondays 6 Weeks \$140.00
September 21 6:30 - 7:30 Tashua Knolls

Traditional Chinese 0037 **Internal Healing Exercises** **“The Tao Of Revitalization”**

Randall Kirik

The course teaches how to help prevent illness and cure disease with simple life enhancing exercises. Discover how to bring life giving energy into the body and revitalize all the organ systems. Also manage weight by energizing the digestive system and regulating metabolism. Learn to breathe properly, increasing oxygen capacity while expelling more toxins. Course integrates meditation with exercise to relax the nervous system and reduce stress. It's a natural approach with a five thousand year old tradition to health, happiness and longevity.

Tuesdays 8 Weeks \$115.00
September 29 7:00 - 8:30 Media Center

Nutrition Class 0038

Laura Siebold

Do you have a hard time when reading the ingredient list at the grocery store? Are you confused between the differences of a good fat and a bad fat? Or do you just want to eat better to feel better? A course on basic nutrition might be just what you need. After all, you are what you eat! *Laura Siebold is a clinical nutritionist in Trumbull.*

Mondays 2 Weeks \$40.00
November 9 7:00 - 8:30 Room C-4

Fears, Phobias And Flower Essences 0044

Lalie Madriquera

Almost everyone has a fear of something. Dr. Edward Bach, an English physician and bacteriologist, developed 38 flower essences for dealing with specific states of emotion, five of them address fear. These gentle flower essences have been used for decades to help people heal emotional pain and to lead healthy, productive lives. In this class we will discuss different fears and which of the Bach Flower Essences to use.

Tuesday 1 Night \$20.00
October 13 7:00 - 9:00 Room C-5



Kick Your Sugar Habit 0045

Marla Durling

Do you experience sugar cravings; energy spikes; fatigue, lethargy, depression or anxiety; brain fog, cloudy thinking, trouble concentrating; or hunger that goes from mild to intense very quickly? This workshop explores the effects of sugar on the body. Participants will gain a greater understanding of why we crave sweets, how sugar decreases our energy and the cycle of sugar addiction. They will also learn the many ways to avoid it.

Tuesday 1 Night \$20.00
September 29 6:00 - 7:00 Room C-1



Body Detox – What You Need to Know 0046

Marla Durling

Do you experience fatigue, depression, headaches, cognitive problems, brain fog, memory problems, balance problems and tremors? Participants will learn the many toxins that are in our environment, how to reduce exposure to environmental toxins, use foods and herbs to support the body's natural detoxification process.

Tuesday 1 Night \$20.00
November 17 6:00 - 7:00 Room C-1



Spanish-Beginner 0047

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. And, in this difficult job market, any tool that can give an edge is worth investing time in. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. Spanish is not a difficult language to learn. 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 12 Weeks \$145.00
September 29 5:30 - 7:30 Room C-8

Conversational Spanish 0048

Virginia Dileo

Learn to communicate confidently in Spanish. The conversational Spanish course will provide the student with the basic skills needed to carry on a conversation. Prior knowledge of Spanish is helpful. Students carry on increasingly challenging conversations with each other and the teacher as the class progresses. This class can be instrumental in helping you get a job or give you an advantage of your current job. So many companies need people who speak at least some Spanish. In today's difficult job market, any edge will help. And if you plan to travel abroad, speaking the language can make the trip much more fun.

Tuesdays 12 Weeks \$145.00
September 29 7:30 - 9:30 Room C-8



Portuguese

0049

Virginia Dileo

Portuguese is a language spoken by many people in this area and therefore the knowledge of the Portuguese language can be beneficial to getting a job. This course is designed for students who have little or no previous knowledge of the Portuguese language. Students will learn the skills needed to read, write, and carry on a basic conversation. If you plan to travel abroad, to Brazil, or any other Portuguese speaking country, learning the language can certainly make the trip more exciting.

Mondays **12 Weeks** **\$145.00**
September 28 **6:30 - 8:30** **Room C-8**

Italian - Beginner

0050

Sara Dean

Have you always wanted to learn Italian? Here is your opportunity. No previous knowledge of the Italian language is necessary. This course will provide the student with the basic skills needed to read, write and carry on a basic conversation. This is a fun course which includes a little Italian history, culture and geography. The book for this class is not included in the course fee.

Tuesdays **10 Weeks** **\$135.00**
September 29 **7:00 - 9:00** **Room C-4**



A Unique Educational Opportunity Fall Lecture Series At The Trumbull Library

**Main Branch Tuesdays in October
10:00 am to 12 noon**

Funding for the lectures provided by
The Mallett Foundation
Co-Chairs: Beryl Kaufman &
Diane Schwartz

October 6th

CONNECTICUT'S

BEARDSLEY ZOO: Your 21st Century
Neighborhood Zoo presented by Jim Knox,
Curator of Education. Join Curator of Educa-
tion, Jim Knox and select animal ambassadors
to explore the 21st century science and the
workings Behind-The-Scenes at Connecticut's
Beardsley Zoo.

October 13th

TRAVELING TO INDIA presented by Elsa
Cantor and Don Lamberty. Visit the mystical
country of India. Explore its ancient culture,
including folk religion and caste system. Visit
a small village of untouchables, learn about the
daily lives of people in rural villages, and see
how India is transforming from an ancient cul-
ture into a modern one.

October 20th

CENTRAL PARK presented by Arthur N.
Gottlieb, LCSW, CSA. A masterpiece of land-
scape design by Fredrick Law Olmstead and
Calvert Vaux, Central Park has offered New
Yorker's a treasured respite from the daily bus-
tle of Manhattan life ever since the first tree was
planted in 1858.

October 27th

FIRST LADIES IN THE FAMILY:

Abigail Adams & Louisa Adams presented by
Mona Garcia. From the birth of Abigail Adams
in 1744 to the death of Louisa Adams in 1852,
America progressed from being a part of the
British Empire to an independent nation mov-
ing towards civil war. Abigail Adams was the
wife and first lady of John Adams, our second
president. Louisa Adams was the wife and first
lady of John Quincy Adams, our sixth president
and the son of Abigail Adams. Mother-in-law
and daughter-in-law provide a unique perspec-
tive on over a century that proved crucial to the
development of the United States.

**Attend any or all lectures
Pre-registration required
www.trumbullct-library.org
or Call 203-452-5197
\$5.00 Per lecture**

PERSONAL INTEREST

Basic Digital Camera Operations 0051

John Zappala

This course will teach you how your camera works and how to use it, whether your interests lie in photographing sports, landscapes, or nature. Learning the fundamentals offered in this course will give you the knowledge you need to take beautiful photographs. All those relavent bottons and dials will be explained, enabling you to use your camera to its full potential.

Tuesdays 6 Weeks \$85.00
October 6 7:00 - 9:00 Room C-7



Extreme Couponing 0052

Elizabeth Lahens

Do you want to learn how they do it? Well, now you can!!! Elizabeth has gotten a \$375 grocery bill down to ZERO with coupons and you can do it too!!! In this class you will be taught how to drastically save on chicken, beef, seafood, dairy, ice cream, organic food, fresh fruit and veggies, back to school items, household goods, clothing, office supplies and MORE! You will be given a reusable gift bag, a non-perishable food item or health & beauty item, a handout and there will even be a raffle of several items! As a suggestion, please bring to this event one or more non-perishable food item(s) to be donated to the local food pantry.

Tuesday 1 Night \$30.00
November 10 7:00 - 9:30 Room C-6

So You've Heard Brian Thon On TV And Radio Commercials! 0053

Brian Thon

Now hear Brian LIVE as he illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Brian will show you a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! (Brian Thon's voice can be heard on work from professional sports teams to Fortune 500 companies, from GE Healthcare to Fox News)

Tuesday 1 Night \$50.00
October 6 6:30 - 8:30 Room C-1



Substitute Teaching Guide 0054

Maryann Dikranian

This course is designed to provide helpful strategies and techniques for those choosing to become a substitute teacher. The course is divided into three 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 3 Weeks \$60.00
October 6 7:00 - 9:00 Room C-12

Angel Cards Readings 0055

Robin Tesei

Angel cards are a wonderful divination tool to help you receive insightful guidance and empowering messages from your divine angels. You will learn how to do Angel Cards Readings during this hands-on workshop - you will learn how to bless, add intentions and receive clear messages from the angel cards. Doreen Virtues Angel Oracle Cards can be purchased through Amazon.com or Angels & Co. in Monroe.

Wednesday 1 Night \$40.00
October 7 7:00 - 9:00 Room C-7

Healing With The Archangels 0056

Robin Tesei

This amazing workshop will teach you about the 15 powerful Archangels and their roles in healing/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/soul, plus we will evaluate your life balance and learn which Archangels can help.

Wednesday 1 Night \$40.00
October 28 7:00 - 9:00 Room C-7

TRUMBULL

PUBLIC SCHOOLS



Substitute Teaching and Paraprofessional Opportunities

Experience the rewards
of working
with children

All grade levels

Workday preferences
considered



Excellent opportunity to
begin/resume
your teaching career



203-452-4363

Personnel Office
Long Hill Administration
Building
6254 Main Street
Trumbull, CT 06611

How To Talk To Your Angels 0057

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
November 4 7:00 - 9:00 Room C-7

Angel Signs 0058

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.

Wednesday 1 Night \$40.00
November 18 7:00 - 9:00 Room C-7



Social Networking 101 0059

Anna Poludenko

This course will provide you with a basic understanding of how to utilize the most widely used social networking platforms; Facebook, Twitter, LinkedIn, Pinterest, YouTube, Blogger\Wordpress. Each lesson will provide an overview covering how to open an account, how to maximize your profile, how to build and interact with a network, as well as basic tools/applications designed to enhance your overall experience.

Mondays 5 Weeks \$130
September 28 7:00 - 9:00 Room A-30



Blogging 101 0060

Anna Poludenko

This exciting course is geared towards those who are new to blogging or bloggers who have been at it for some short time and who need a fresh, new perspective. We will cover how to start a blog, publish a post, photo formatting, which blog platform to use. You will learn how to create compelling content that will capture and keep your readers attention.

Mondays 4 Weeks \$120
November 9 7:00 - 9:00 Room A-30

You Just Got An iPhone.....Now What?? **0061**

Jack Labarca

Attend this workshop and learn about many great features of Apple's iPhone. During this workshop we will show you how to navigate and customize your device, demonstrate and walk you through performing tasks such as setting up email, using the camera & camcorder functions, getting the most out of Siri, the Notification Center, iCloud and provide you some tips to maximize the value of your new device.

Tuesday 1 Night \$25.00
October 6 7:00 - 9:00 Room C-14

You Just Got An iPad... Now what?? **0064**

Jack Labarca

Attend this workshop and learn about many great features of Apple's iPad. During this workshop we will show you how to navigate and customize your device, demonstrate and walk you through performing tasks such as setting up email, using the camera & camcorder functions, the Notification Center, iCloud and more. In addition, we will answer your questions and provide you some tips to maximize the value of your new device.

Tuesday 1 Night \$25.00
October 13 7:00 - 9:00 Room C-14

Introduction To Microsoft Word 2010 **0062**

Gary Koos

This class will introduce computerized word processing using Microsoft Word 2010. The basics of word processing will be covered including the following topics: keyboard basics and shortcuts, opening and saving files, the use of fonts, styles, sizes, colors, cut, copy, paste, bullets and numbering, page setup, printing, and other introductory topics. Students will practice these skills by composing a personal and a business letter.

Class limit is 12.

Mondays 3 Weeks \$115.00
September 21 6:30 - 9:00 Room A-16

Introduction To Excel 2010 **0065**

Gary Koos

So, you've decided that you want to create and manage spreadsheets. This course will provide a basic understanding of the Excel for Windows spreadsheet program with the focus on simple spread sheet applications. Areas to be covered include parts of a window, moving around in a worksheet, entering information and formulas, selecting, deleting, inserting, copying, moving cells, printing, and working with the various functions **Class limit is 12.**

Wednesdays 3 Weeks \$115.00
September 30 6:30 - 9:00 Room A-16

Intermediate Microsoft Word 2010 **0063**

Gary Koos

Prerequisite: MS Word. This class will cover more advanced features in word processing including columns, margins, paper size, templates, word art, clip art, and other word features. Students will practice by creating several different types of documents.

Class limit is 12.

Mondays 3 Weeks \$115.00
October 19 6:30 - 9:00 Room A-16

Intermediate Excel 2010 **0066**

Gary Koos

Prerequisite: Familiarity with MS-Windows and use of the mouse along with basic MS-Excel skills. This class is the follow up to the Introduction to MS-Excel class or for those who possess basic MS-Excel skills. You will learn advanced spreadsheet editing techniques and use of excel tools including how to create formulas, apply functions, use automatic fill, and use bar, pie, and scatter charts to create a visual representation of your data. **Class limit is 12.**

Wednesdays 3 Weeks \$115.00
October 28 6:30 - 9:00 Room A-16

Handling Digital Images With MS-Windows 0067

Gary Koos

This class will cover the digital image handling capabilities that are built into Microsoft Windows. Students will learn how to download, transfer, save and organize picture files. The class will also cover how to copy files to and from flash drives, memory cards, CD's and DVD's as well as back up their computers files for safe keeping.

Thursday 1 Night \$20.00
December 3 6:30 - 9:00 Room A-16

Organizing Your Life And Work With MS-Outlook 0068

Gary Koos

Outlook is one of the least understood but most useful of all Microsoft Office applications. In addition to being an excellent E-mail manager that allows you to receive mail from single or multiple, it also allows users to filter, sort, block, and organize email in ways other systems do not. Outlook also contains an excellent appointment manager that many businesses rely on to schedule individual and group meetings. Home users can use this feature to remember appointments and other important dates and reminders years into the future. Outlook also contains a task manager for all your work and personal to-do list and can handle multiple lists for everyone in the family. A sticky note feature allows you to keep all those notes in one place. A built-in journal allows you to keep track of meetings and messages and a superior address book will make sure you are always in touch with personal and business contacts. **Class limit is 12.**

Thursdays 3 Weeks \$115.00
October 1 6:30 - 9:00 Room A-16



Getting To Know Your Computer - Beginners 0069

Gary Koos

This course is designed for people new to computer technology and who have little or no experience with computers. The goal of this class is to provide a comprehensive introduction to using computer technology in the home and business environment. If you have been at all hesitant to dive into the world of computers, this is a great opportunity to start in a comfortable environment with other beginners at a basic level. **Class limit is 12.**

Mondays 3 Weeks \$115.00
November 16 6:30 - 9:00 Room A-16

Basic Computer Maintenance 0070

Gary Koos

Prerequisite: Familiarity with the Windows Operating System and the keyboard and mouse. Learn how to configure your computer's memory resources for optimal performance and prevent viruses, spam, cookies and pop-up ads from cluttering up your hard drive. You will also learn how to use some of Windows built in configuration and maintenance programs to keep your computer running well.

Class limit is 12
Wednesdays 3 Weeks \$115.00
December 2 6:30 - 9:00 Room A-16

Quickbooks For Beginners 0071

Gary Koos

This beginner class is designed for students that are new to Quickbooks or have limited experience and would like to better utilize this powerful book keeping program. Topics covered will include Navigating the Quickbooks interface, basic accounting principles, setting up your company and entering company information, setting up customers, vendors and employees, using bank registers, credit card transaction, recording sales, payments and much more. **Class limit is 12.**

Thursdays 4 Weeks \$150.00
October 22 6:30 - 9:00 Room A-16

Free Workshops for Parents

Google Chrome

0072

Brenda Windsor

Google™ Chrome is a Web browser that combines a minimal design with sophisticated technology to make the Web faster, safer, and easier.

Get your Google on with an introduction to Google Drive, Documents, and Presentations. This is the program all children in grades K-12 will be using.



Tuesday
September 29

1 Night
7:00 - 9:00

No Fee
Room A-16

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 2015-2016

PRESCHOOL 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.



DRIVER EDUCATION PROGRAM

Trumbull High School offers a comprehensive Driver Education Program. This program consists of 30 hours 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 school store or contact George Romano at 203-452-4577. The Driver's License Road Test is offered at Trumbull HighSchool . Appointments are limited, register early. Applications for the test are available at Continuing Ed Office.



Trumbull Youth Wrestling (TYW) will train elementary & middle school children in the technical skills of wrestling along with understanding all areas of the sport. Wrestling can improve strength, flexibility and coordination which is beneficial to every sport. TYW offers home and away matches for competition and will celebrate every win and take away learnings from every loss. TYW Program runs from mid-November through March. Cost is \$180. Registration begins September 1st and is ongoing. Contact Diane Fulco, diane.fulco@charter.net for information and registration. or call 203-258-2372.



REGISTRATION FORM

Make checks payable to Trumbull Continuing Education,
72 Strobel Road, Trumbull, CT 06611.

PRINT CLEARLY

Name _____
Last
First

Address _____
Street
City
State
Zip

Phone _____
Days
Evenings
Cell

Email _____

Returning Adult please check _____

Registration Information

COURSE #	COURSE TITLE	FEE

Senior Citizen 10% Discount \$

PLEASE PRINT CLEARLY!! **TOTAL DUE** \$

PAYMENT INFORMATION:

NAME ON CARD _____

CARD NO. _____

EXP. DATE _____ CVV _____

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Do you know someone who would like to earn
a high school diploma without attending
classes, have them ask about our
National External Diploma Program.
Call for more
information 203-452-4554



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
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Thank You For All Your Support!

