

Trumbull Adult  
and  
Continuing Education  
FALL 2016

"LEARNING IS A  
LIFE LONG  
EXPERIENCE"



**Register Online:**

**[www.trumbullconted.org](http://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  
Cheryl D. Gould, Secretary*

**GENERAL INFORMATION**

**Location of Classes:**

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 these ways:

**\*On Line:**

[www.trumbullconted.org](http://www.trumbullconted.org)



**\*By Mail:**

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 or course.

## **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 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, or WEBE.



**There are no classes on the following days:**

- September, 22 2016**  
**Back to School Night**
- October 3, 2016**  
**Rosh Hashanah**
- October 10, 2016**  
**Columbus Day**
- October 12, 2016**  
**Yom Kippur**
- October 19, 2016**  
**8th Grade Open House**
- November 17, 2016**  
**Parent/Teacher Conferences**
- November 22, 2016**  
**TPS String Fling**  
**(snow date 11/29)**
- November 23 - 25, 2016**  
**Thanksgiving Break**
- December 21, 2016**  
**THS Concert**
- December 23, 2016 - January 2, 2016**  
**Winter Break**

## **NONDISCRIMINATION STATEMENT:**

The Trumbull Board of Education promotes non-discrimination and an environment free of harassment based upon an individual's race, color, religious creed, religion, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including but not limited to, present or past history of mental disability, intellectual disability, learning disability or physical disability, including, but not limited to, blindness), genetic information, or any other basis prohibited by Connecticut State and/or Federal non-discrimination laws in all of its programs. The Board provides equal access to the Boy Scouts, Girl Scouts, and other designated youth groups.

## **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 her at [sabrina.mancini@ct.gov](mailto: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 arriving at 6:45PM so they can register for the class prior to taking the test. Tests dates are:

**Tuesday, September 13 2016**

**Wednesday, September 14, 2016**

**7:00PM**

**Room C-1**

## ESL-Beginner 0002

*Patrick Fahey*

This course is designed for the students whose primary language is not English. People with limited English proficiency. Emphasis will be on pronunciation, vocabulary and conversation. Cultural notes on the United States for everyday living are included.

**M & W**

**10 Weeks**

**September 19**

**6:30 - 9:00**

**Room C-1**

## ESL-Intermediate 0003

*Maryann Dikranian*

This course is designed for the students whose primary language is not English. Those who wish 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 included.

**M & W**

**10 Weeks**

**September 19**

**6:30 - 9:00**

**Room C-12**

## ESL-Advanced 0004 Citizenship

This course is designed for the students whose primary language is not English. 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 19**

**6:30 - 9:00**

**Room C-14**

## Adult Basic 0005 Education English and Math (ABE)

This course is designed for those who feel they would like to improve 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 19**

**6:30 - 9:00**

**Room C-1**

## GED Preparation 0006

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**

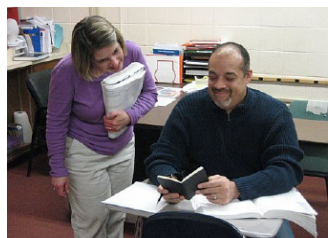
**10 Weeks**

**September 19**

**6:30 - 9:00**

**Room C-1**

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 : **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. :  
 :  
 :  
 .....



# 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 \$100.00**  
**September 21 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 \$100.00**  
**September 21 7:00 - 9:00 Room M-4**

## Ceramics - Intermediate /Advanced 0009

*Wayne Brosler*

Hand-built or wheel-thrown, this class is where the intermediate to advance ceramic student can explore the creative possibilities that working with clay offers. This class is an open studio with instruction, demonstrations, and critiques given on an individual basis as needed. Whether sculptural or functional the finished product is fired to cone 5 producing a durable product that is dinnerware safe. All materials and tools are provided. *There is a \$50.00 lab fee to be payable the first night of class to the instructor.*

**Thursday 10 Weeks \$160.00**  
**September 29 8:50 - ; :30 Room M-13**

## 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**  
**September 21 7:00 - 9:30 Room M-7**



## Watercolor-Beginner 0011 Anyone Can Do It!

*Diane Napolitano*

This course is for beginners, intermediates, or advanced artists. Learn how to use this wonderful medium and have fun with it. Experience 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 is always something new to learn. *Please contact instructor for supply list: napolitanj@comcast.net*

**Tuesdays 8 Weeks \$120.00**  
**September 20 7:00 - 9:00 Room M-7**



# CONNECTIONS TO COLLEGE

## College Application That Gets You In 0012

*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 \$20.00**  
**September 7 7:00 - 9:00 Room C-5**

## S.A.T. Prep - Math 0014

*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.

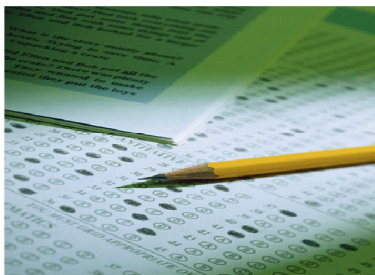
**For November 7 Exam**  
**Wednesdays 5 Weeks \$280.00**  
**September 21 6:00 - 8:30 Room C-2**

## Pay For College Without Going Broke 0013

*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? Learn 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 avoid the biggest mistakes parents often make.

**Tuesday 1 Night \$20.00**  
**October 25 7:00 - 8:30 Room C-5**



## S.A.T. Prep - English 0015

*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**  
**Tuesdays 5 Weeks \$280.00**  
**September 27 6:00 - 8:30 Room B-13**



# DANCE

## Salsa - Level I 0016

*Deb Linley*

Salsa is a fun and exciting Latin dance which anyone can learn! Dance away stress, have fun and meet new people as we get you dancing in no time! 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 you to hit the dance floor with comfort and ease! Couples or singles welcome.

**Thursdays**      **5 Weeks**      **\$80.00**  
**October 20**      **7:00 - 8:00**      **Senior**  
**Lounge**



# FINANCIAL

## Don't Outlive Your Retirement Savings 0017

*Sara Cornwall*

Did you know that most of the danger in conquering Mount Everest occurs on the way down? For many Baby Boomers, they may feel that their retirement is not unlike hiking the world's highest mountain. It's one thing to summit the mountain and plant your flag of savings success, but it is a different matter these days to remain slow, steady and secure on the way down. This class, for Baby Boomers near or in retirement, will take a new angle on ways that can help you not outlive your retirement savings.

**Wednesday**      **1 Night**      **\$30.00**  
**September 28**      **7:00 - 8:30**      **Room C-8**



## Small Business Owners 0018 GET UNSTUCK!

*Maryann Croce*

Are you ever frustrated or overwhelmed trying to get it all done? No matter what stage of business you're in, there are always challenges. As a successful local business owner of 17 years, I will share three revenue-generating activities on which to focus. You will discover three no-cost or low-cost tools that save you time. Learn how a pro mindset will take your business to the next level and change your life. Go from "survive to thrive." "After taking this class, you will have action items you can implement right away. You'll gain the confidence needed to become a better leader, generate revenue, save time, and best serve your customers/clients & community.

**Tuesday**      **1 Night**      **\$30.00**  
**October 4**      **7:00 - 8:30**      **Room C-5**

## Financial Strategies 0019 For Successful Retirement

*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 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**      **\$40.00**  
**September 12**      **6:30 - 8:30**      **Room C-2**

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

0020

*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**                      **\$60.00**  
**November 1**                **6:00 - 7:45**                **Room C-2**

## Entrepreneurship

0021

*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**                      **\$60.00**  
**November 1**                **7:45 - 9:30**                **Room C-5**



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

0022

*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 with no money down. He will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class you will know how to research property at the tax assessor's office, the county clerk's office, and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor. *Optional material fee \$20.00.*

**Tuesday**                      **1 Night**                      **\$60.00**  
**November 1**                **7:45 - 9:30**                **Room C-2**

## How To Drastically Cut Costs In Difficult Financial Times

0023

*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. These will be discussed in detail, as well as, money saving web sites. *Optional material fee \$20.00.*

**Tuesday**                      **1 Night**                      **\$60.00**  
**November 1**                **6:00 - 7:45**                **Room C-5**



# FITNESS

## PiYo-Beginners 0024

*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 exerciser. Please bring a yoga mat, towel, and water to hydrate.

**Mondays**      **10 Weeks**      **\$125.00**  
**September 26**    **6:00 - 7:00**      **Media**  
**Center**



## Get Golf Ready 0025

*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**      **\$145.00**  
**September 12**    **5:30 - 6:30**      **Tashua**  
**Knolls**



## Yoga 0026

*Deborah Swann E - RYT 500*

Yoga improves our overall health. This class combines postures, breath work, meditation and restorative poses to create well-being in body, mind and spirit. Yoga strengthens, increases flexibility, reduces stress and reconnects us to the peaceful place inside. Come let's practice together and explore the ancient teachings of yoga. Dress in layers. Please bring a mat, block, yoga blanket or towel.

**Mondays**      **10 Weeks**      **\$140.00**  
**September 19**    **7:15 - 8:30**      **Media**  
**Center**

## Yoga 0027

*Deborah Swann E - RYT 500*

Yoga improves our overall health. This class combines postures, breath work, meditation and restorative poses to create well-being in body, mind and spirit. Yoga strengthens, increases flexibility, reduces stress and reconnects us to the peaceful place inside. Come let's practice together and explore the ancient teachings of yoga. Dress in layers. Please bring a mat, block, yoga blanket or towel.

**Wednesdays**    **10 Weeks**      **\$140.00**  
**September 21**    **7:00 - 8:15**      **Media**  
**Center**

## Traditional Chinese 0028

### 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**      **\$120.00**  
**September 20**    **7:00 - 8:30**      **Media**  
**Center**

**Self Defense Class                    0029**  
**For Men and Women Ages**  
**18+**

*Kyoshi Torri*

Join us for six weeks of a 90 minute class that will teach you usable self-defense skills. This class is for teens, men, and women. Anyone can be a victim of crime. Taught by Kyoshi Danilo Torri, 6th Dan black belt in traditional Japanese Karate (Shito Ryu style) and owner of Hanko Ryu Martial Arts. Each class will include an active lesson in Karate-based kicking and punching. Learn how to use verbal techniques to avoid a confrontation. How to make your home safer. If an aggressor becomes physical you'll learn to fight back from standing, in a confined space (like an elevator), and from the ground. How to learn to escape a choke hold from front or back and a wrist grab, and how to block a punch and injure your attacker so you can escape. Contact is important to gain real skills. Rest assured, we teach with control, caution, and care. Students 14 - 17 welcome with parent present. A female black belt participates in every class. We have taught students older than 70. Everyone deserves safety! Consult your doctor if you have any medical issues. Class held at Hanko Ryu, above Giove's Pizza in Trumbull Center. Wear loose fitting workout clothing and bare feet on the mats.

**Wednesdays    6 Weeks                    \$150.00**  
**September 21   7:15 - 8:45           Hanko Ryu**  
**Martial Arts**



**GARDEN**

**Gardening Into    0030**  
**The Fall**

*Renee Marsh*

The hot summer days are over and it is a wonderful time to be back in the garden. This class will cover the many gardening activities that are best done in fall (like spring bulb planting) as well as how to help your garden survive the winter and thrive next spring. Fall is the perfect time to reflect on the past spring and summer – what worked and what didn't – and consider changes. It is also the time to prepare the garden for the winter. So bring your questions and challenges and let's keep gardening!

**Tuesday    1 Night    \$30.00**  
**September 20    6:30 - 8:00                    Room C-6**



**Gardening With Bulbs    0031**

*Renee Marsh*

Explore the world of bulbs beyond daffodils and tulips. There is a wide and wonderful assortment of bulbs that bloom from spring through fall. Not only do they add that extra dazzle to your garden, but many are also deer-resistant. This class will explore the different types of bulbs as well as how to plant and maintain them. Fall is the time for planting many types of bulbs!

**Tuesday    1 Night    \$30.00**  
**September 27    6:30 - 8:00                    Room C-6**



# HEALTH



## Discover Mindfulness 0032

*Valerie Foster, C.M.I., MBSR, And Bill Van Ollefen, C.M.I., MBSR,*

This introductory class is your first step on a journey that will change your life, in a terrific way and forever. Seventy-five percent of Americans are stressed. Seventy-five percent of preventable illnesses are caused by stress. You will learn how to declutter your thoughts, reduce your stress, and bring health, happiness and meaning into your life through a simple daily meditation.

**Monday 1 Night \$35.00**  
**September 26 7:00 - 9:00 Room C-4**

## Mindful Not Mindless Eating 0033

*Valerie Foster, C.M.I., MBSR, And Bill Van Ollefen, C.M.I., MBSR,*

This introductory session to mindful eating is fun, informative, and really can change your behavior. Chocolate is involved! You will discover new ways to think about food, the principles of mindful eating, and how a daily meditation will enable you to shut off the voices in your head, an important component to developing a healthy relationship with food. *Valerie Foster, C.M.I., MBSR, and Bill Van Ollefen, C.M.I., MBSR, own Pathway to Mindfulness. Val worked as a journalist for decades, and credits her ability to stay calm under pressure to meditation. Bill was a corporate executive, and when traditional medication and treatments failed to help his severe pain caused by a spinal cord injury, he turned to mindfulness meditation. Both have taken part in numerous mindfulness retreats over the years and have studied Mindfulness-Based Stress Reduction at UMass Medical School, are Certified Meditation Instructors, and have studied mindful eating at Kripalu and Shambala.*

**Tuesday 1 Night \$35.00**  
**September 27 7:00 - 9:00 Room C-1**



## Winter Meditation 0034

*Deborah Swann E - RYT 500*

Have you wanted to try meditation? Meditation benefits our mental, emotional, and physical well being. It helps manage stress, improves concentration, supports health and provides a greater sense of balance in life. But did you know that all meditation begins with learning how to breathe in a natural smooth rhythm? Join Deborah for a winter evening exploration of Meditation including gentle breathing practices to rebalance the body and mind. Start the holidays with a sense of ease and inner equanimity. Beginners are welcome. Chair meditation is provided.

**Tuesday 1 Night \$30.00**  
**December 13 7:00 - 8:30 Room Media Center**



## Nutrition Class 0035

*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? 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 \$45.00**  
**November 7 7:00 - 8:30 Room C-4**

# HOME

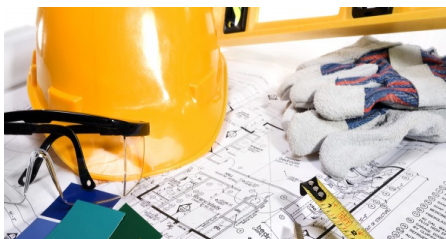
## Redesign

0036

*Susan M. Corvo*

Learn a practical and easy approach to making your home a haven. Home redesign is interior styling, home design and redecorating. Successful interior redesign is the art of using organization and decorating techniques to create an environment that is comfortable, stress free, beautiful and personal to you. Using the principles of good design, learn how to transform a room in your house. Bring pictures of the space so we can use the redesign process.

**Mondays**      **2 Weeks**      **\$45.00**  
**September 19**   **6:00 - 8:00**   **Room C-5**



## Home Staging

0037

*Susan M. Corvo*

Home Staging is a process to merchandise a home for potential demographic buyers by creating emotional connection points. By finding the beautiful focal points in each room, you will learn to emphasize what you love about the rooms and hide or distract the negative aspects of the rooms. The goal is to create warmth, scale, harmony, cohesion and emotional appeal so the buyer can imagine or aspire how life could be in the house for their family.

**Tuesdays**      **2 Weeks**      **\$45.00**  
**September 20**   **6:00 - 8:00**   **Room C-5**

## Away for the Day



### OCTOBER-DECEMBER 2016 SCHEDULE

“Saturday Night Fever” You’ll want to wear your Boogie Shoes for this sizzling performance at the Westchester Broadway Theatre. Who can forget John Travolta in the role of Tony Manero, who dreams of leaving the stifling world of Brooklyn to become “Disco King?” We’ll hear such hits as “Stayin’ Alive,” “Night Fever,” and “How Deep Is Your Love,” as we enjoy dazzling choreography.

**Wednesday**      **October 19**      **\$134**

NY Botanical Garden      Come with us to enjoy autumn’s splendor with the garden’s magnificent fall-flowering chrysanthemums from Japan. The show’s centerpiece is a presentation of kiku trained to grow in a mesmerizing variety of shapes and styles. Lunch at Marios, Time to browse (and buy) on Arthur Avenue before lunch.

**Wednesday**      **October 26**      **\$132**

“Chasing Rainbows” This new Goodspeed musical traces the bumpy road to Oz for an awkward girl with a golden voice -Judy Garland. Judy’s childhood comes alive with “I Can’t Give You Anything But Love” and “Over the Rainbow.”

**Wednesday**      **November 16**      **\$162**

Radio City Christmas Spectacular starring the Rockettes. thrilling audiences for over 80 years This show, featuring precision choreography, will include the legendary “Parade of the Wooden Soldiers” plus dazzling new numbers.

**Monday**      **November 28**      **\$134**

NY Botanical Garden      Holiday Train Show We’ll delight in watching garden-gauge trains zip past more than 140 miniature NYC landmarks, such as Yankee Stadium, St. Patrick’s Cathedral, and NYC bridges, all fashioned from plant parts. Decorated with twinkling lights, the Enid Haupt Conservatory becomes a wonderland during this December event. Lunch at Marios on Arthur Avenue.

**Friday**      **December 2**      **\$133**

To make a reservation, please call Jill Meyer at 203-226-4310 or e-mail her at [jill@awayfortheday.net](mailto:jill@awayfortheday.net)

# LANGUAGE

## Spanish-Beginner 0038

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. 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 \$150.00**  
**September 27 5:30 - 7:30 Room C-8**

## Portuguese 0039

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 \$150.00**  
**September 26 6:00 - 8:00 Room C-8**

## Italian - Beginner 0040

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 \$140.00**  
**September 27 7:00 - 9:00 Room C-4**

# PERSONAL INTEREST

## Intro To Improv 0041

Ron Hill

This class focuses on: building confidence, thinking faster, making bold choices, communicating more efficiently, teamwork and trust; most of all, developing these skills and more in a fun, energetic and supportive environment. This class introduces students to fun, energetic exercises, and games that develop and build the basic mind and muscles necessary to become successful improvisers (in life and on stage). The class will culminate with a showcase performance for invited guests. This is a chance for students to proudly display their new skills to friends and family.

**Wednesdays 8 Weeks \$105.00**  
**September 14 6:00 - 8:00 Room C-4**



## Basic Digital Camera Operations 0042

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 relevant buttons and dials will be explained, enabling you to use your camera to its full potential.

**Tuesdays 6 Weeks \$90.00**  
**September 20 7:00 - 9:00 Room C-2**



## Medicare Basics Get The Facts 0043

*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?

**Wednesday 1 Night \$35.00**  
**September 21 6:00 - 7:30 Room C-6**



## Substitute Teaching Guide 0044

*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 \$65.00**  
**October 4 7:00 - 9:00 Room C-12**

## The Art Of Memoir And Personal Essay 0045

*Tina DeMarco*

By keeping a written record of those important family moments of shared experience, a family legacy is created. By recording the past, we give insight and meaning to what life was like as we share the timeline of events and our memories with future generations. (Even the family gossip matters!) This 4 week workshop will give you the tools and inspiration so you can write those special stories of family and friends, the special moments of your lives. You will learn how to bring your experiences to life through exercises that will let your personal story come alive.

**Mondays 4 Weeks \$85.00**  
**November 7 7:00 - 9:00 Room C-6**



## How To Talk To 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 \$45.00**  
**September 21 7:00 - 9:00 Room C-5**

## Healing With The Archangels 0047

*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.

**Wednesday 1 Night \$45.00**  
**October 26 7:00 - 9:00 Room C-5**

## Angel Signs

0048

*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 \$45.00**  
**November 16 7:00 - 9:00 Room C-5**



## Angel Cards Readings 0049

*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 \$45.00**  
**November 30 7:00 - 9:00 Room C-5**

## 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, health. We will discuss the healing properties of the most popular Crystals and the Archangels. They work in harmony with. 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 \$45.00**  
**December 6 7:00 - 9:00 Room C-5**

## Feng Shui & Creating The Life You Desire 0051

*Deb Linley*

Ever wonder how the energy of your home affects you on a day to day basis? Have you ever heard that your front door, kitchen, bedroom and office can have a great influence on how smoothly things may flow in your life? Join us in this two-hour workshop as we discuss Feng Shui, an ancient Chinese art and science, which has been applied successfully in both home and work spaces for thousands of years. We will pinpoint the most important adjustments for your living space and how to use Feng Shui to enhance many areas including career, relationships, finances and health. In addition, we will discuss the principals of manifestation and the blocks which may prevent you from creating the life of your dreams. So if you are ready for change, feeling stuck, tired or just unsure of what you want, come learn how Feng Shui can support you in moving forward.

**Thursday 1 Night \$45.00**  
**October 13 7:00 - 9:00 Room C-5**



## You're On The Air! (How to Really Make it in Voice-Overs!) 0052

*Wendy Shapero*

Learn how to get around the competition and actually turn voice-overs into a thriving full or part-time business! You've heard the instructor. Now hear her live as she illustrates how you can actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices all the time.

**Thursday 1 Night \$50.00**  
**October 20 6:30 - 8:30 Shelton**

**Intermediate**  
**675 Constitution**  
**Boulevard North**  
**Shelton, CT 06484**

## Introduction to Animal Communication

0053

*Gwen Gangi*

Have you ever said to yourself “I wish my pet could talk and tell me what is going on!”? Well good news, they can! And even better news, you can learn to hear them yourself! If you have ever been deeply connected to an animal you have communicated with. You just didn't recognize it as such. A professional animal communicator will discuss the basics of telepathy and animal communication. The practical and spiritual benefits will also be discussed. Get advice on what you can and can not expect from an animal communication consultation, and how to best prepare for a consultation. Simple techniques and exercises that will help open you up to communication with All Life will be taught. Bring a photo of your pet to the class, along with some questions you would like to ask them, and you may be selected for a reading during the class.

**Wednesday  
September 28**

**1 Night  
7:00 – 9:00**



**\$35.00  
Room C-6**



## Animal Communication Workshop

0054

*Gwen Gangi*

For those who already have an understanding of what animal communication is, this is an intensive immersion workshop designed to have the students experience animal communication for themselves. Work with a professional animal communicator to learn how to recognize your own experiences of animal communication. We are all naturally telepathic, but after centuries of relying only on our five senses to experience the world we have lost the gift that was once ours. Fortunately it sleeps safely within us all, and a reawakening can bring it forward. The first evening will be class work, the second we will break through societal and personal barriers that keep us from our gift. The third evening will be spent working with animals that are masters at animal communication, three dogs and a 30 year old parrot who will leave you with no doubt in your mind that you have communicated with her. Students are asked to bring photos of their pets along with questions they wish to ask them as there will be consultations done during the class to demonstrate what we have explored. “Opening up to telepathic communication with other species is a path of opening up to who you are as a being, it is a path of self discovery as well as universal connection. Enjoy the journey!” Penelope Smith **Class limit 16 students**

**(For those to whom animal communication is new, Introduction to Animal Communication is required.)**

**This workshop runs three consecutive evenings**

**Monday, Tuesday , Wednesday      3 Nights  
November 7, 8, 9                              7:00 - 9:30**



**\$70.00  
Room C-2**



# TECHNOLOGY

## Introduction To Computer Coding 0055

*Brenda Windsor*

Very basic introduction to the world of computer coding. Our children are learning to speak a new language. Don't be overwhelmed by the fear of not knowing what they are learning. This class will give the basic history of computer coding, how coding is being used today, and what the computer coding needs of tomorrow might look like.

**Wednesdays 2 Weeks \$80.00**  
**September 28 6:30 - 8:00 Room A-16**



## Introduction To Google 0056

*Brenda Windsor*

Do you want to use a free alternative to Microsoft Office that has even more features? Do you need to organize your photos, but have no idea where to start? Do you want access to all of your files on any device (tablet, phone or laptop anytime and anywhere?) Google can help you with all of this... and more! Create a new Gmail account, or log in with the one you have, and learn to harness the power of Google and all that it has to offer. This series of classes will help you learn how to get the most out of your free account with Gmail, Calendar, Photos, Google Drive and Google Apps, Google Sites, Blogger and Hangouts.

**Thursdays 3 Weeks \$120.00**  
**October 20 6:30 - 8:00 Room A-16**



## Google Sheets For Organization 0057

*Brenda Windsor*

Google Applications has developed Google Sheets to be used similarly to Microsoft Excel. Utilizing Google Forms and Google Sheets, create spread sheets to help manage monthly expense accounts, divide children's chores, or keep track of project development.

**Wednesday 1 Night \$35.00**  
**November 30 6:00 - 8:00 Room A-16**



## PowerPoint For Commemorative 0058

*Brenda Windsor*

Have you been to a wedding, Bat Mitzvah, or Sweet 16 and seen the neat video collages of pictures set to really cool music? Come learn the ways and be the developer of your own video. Bring pictures to use to create your very first video montage. Be ready to surprise your Thanksgiving guests with a beautiful montage of family Thanksgivings from years ago.

**Wednesdays 2 Weeks \$80.00**  
**November 9 6:30 - 8:00 Room A-16**



## Social Networking 0059

*Brenda Windsor*

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 and applications designed to enhance your overall experience.

**Wednesdays 2 Weeks \$80.00**  
**December 7 6:30 - 8:00 Room A-16**

# 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

## 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 THS Main Office or outside the Drivers Ed Office. For upcoming class dates please check the THS website or contact George Romano at 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.

## 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 2016-2017*

**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.



**REGISTRATION FORM  
PRINT CLEARLY**

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street City State Zip

Phone \_\_\_\_\_  
Days Evenings Cell

Email \_\_\_\_\_

COURSE #	COURSE TITLE	FEE
	<b>Senior Citizen 10% Discount</b>	<b>\$</b>
<b>Total</b>		<b>\$</b>

**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: \_\_\_\_\_

72 Strobel Road, Trumbull, CT 06611  
(203) 452 - 4554  
www.trumbullps.org

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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!

