

A black and white photograph of tulips. In the foreground, several tulip buds and one partially open flower are visible. The tulips have long, pointed leaves and are set against a dark, textured background. The lighting highlights the texture of the petals and leaves.

Trumbull Continuing Education

SPRING 2019

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

Dr. Gary Cialfi, Superintendent
Cheryl Gould, Administrative Secretary

TABLE OF CONTENTS

GENERAL INFORMATION	2 - 3
ACADEMIC INFORMATION: ESL, CITIZENSHIP, GED, HIGH SCHOOL DIPLOMA	3
ENRICHMENT CLASSES	
ARTS & CRAFTS	4 - 5
CAREER	5
CAMERA OPERATIONS	5
COLLEGE PREP	6
COLLEGE	6
FINANCIAL	6 - 7
FITNESS	8 - 9
GARDEN	9 - 10
GOLF	10
HOME	10
LANGUAGES	10
PERSONAL INTEREST	11 - 12
TECHNOLOGY	13
DRIVERS EDUCATION	14
REGISTRATION FORM	15

NO CLASSES

January 1:	New Years Day
January 21:	Martin Luther King
February 18:	Presidents Day
March 7:	High School Conferences
April 15 - 19:	April Vacation
May 27:	Memorial Day
May 29:	Awards Night

GENERAL INFORMATION

Location of Classes:

Enrichment Classes will be held at Trumbull High School, 72 Strobel Road, unless otherwise specified.

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

Tuition:

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

Enrichment Registration:

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

*On Line: www.trumbullcted.org

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

Academic Registration:

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

Confirmation of Registration will not be sent.

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

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



Nondiscrimination:

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

General Accessibility and Accommodation:

All activities offered by Trumbull/Stratford Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, please contact Joe Viscount (203) 385-4270.

General Educational Development

Accommodations on the GED tests are available for qualified individuals with a disability. For more information, contact Joe Viscount (203) 385-4270. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110. Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section. The GED contact is Debbie Squezzello (203) 385-4270.

Fees: No Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section Sec. 10-73a.



Trumbull/Stratford Continuing Education

Wooster Middle School

150 Lincoln Street, Stratford, CT 06614

(203) 385-4270

Trumbull/Stratford Continuing Education
Registration

**Registration and Testing for the following
ESL, GED, Credit Diploma, National External
Diploma Program will be held on the
following dates:**

January 7, 2019; 1PM - 4PM; Trumbull Library,
33 Quality Street, Trumbull

January 7, 2019; 5PM - 8PM; Trumbull High
School, 72 Strobel Road, Trumbull

January 8, 2019; 2PM - 4PM; Stratford Library,
2203 Main Street, Stratford 06615

January 8, 2019; 5PM - 9PM Wooster Middle
School, 150 Lincoln Street, Stratford 06614

January 9, 2019; Wooster Middle School, 150
Lincoln Street, Stratford 06614

We offer FREE Mandated Classes
for ALL Trumbull Residents:

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

REGISTRATION PROCEDURE:

*You must register in person for ABE/GED, American Citizenship, Credit Diploma Program, NEDP, and English as a Second Language (ESL). *Each registrant must provide proof of age (birth certificate, passport, CT ID), and two proofs of Trumbull residency (mortgage/lease/rent receipt and utility bill (no phone or cable TV), or a notarized Declaration of Legal Residency Form. *GED registrants 17 and 18 years of age must also provide proof of official withdrawal from their previous high school. *Credit Diploma registrants (Evening High School) must provide an official transcript either faxed: (203) 386-3163 or mailed with school seal and proof of an Official Withdrawal form obtained from previous high school in order to register.

Limited bus passes offered to Trumbull residents to attend any of the mandated classes.

ARTS & CRAFTS

Wheel Thrown Pottery 0008

Trevor Youngberg

This class will provide the beginning pottery student with the fundamental skills of working on the potter's wheel. Forms covered will be cup, bowl, and vase. Students will learn how to decorate and glaze their creations as well. Students can expect to become proficient with the creation of their own designs while finding a sense of satisfaction in working this challenging medium. All skill levels welcome. Lab fee of \$50.00 is payable to instructor first night of class. Class Limit is 12.

Mondays 10 Weeks \$160.00
January 28 6:00 - 8:00 Room M-13

Beginner Crochet 0009

Lisa Paniccia

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

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

Bob Ross Flower Class 0010

Denise Cirillo-Romaniello

If you are excited by color, then this is the class for you. There is no other subject matter where there are so few color limitations, and color is really what it is all about. This class is about painting flowers the Bob Ross Style. Even if you have not painted much before, with just a couple of brushes and a few basic techniques you will be producing a whole range of exciting flowers. Or if you have painted for years you can learn some exciting new methods to painting vibrant, colorful flowers. A supply fee of \$25.00 (includes all supplies needed) payable to the instructor on the first night of class

Mondays 3 Weeks \$80.00
April 8 6:30 - 9:00 Room M-7

Oil Painting 0011

Michael Barrett

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

Wednesdays 10 Weeks \$190.00
February 13 7:00 - 9:30 Room M-7

Bob Ross Painting 0012

Denise Cirillo-Romaniello

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

Mondays 5 Weeks \$130.00
February 25 6:30 - 8:30 Room M-7



Cricut For Beginners 0013

Blythe Josovitz

Learn how to use a Cricut machine to scrapbook, create paper crafts, decorate apparel, design home decor, and more! Explore the basic features of Design Space and make several beginner projects. You do not need to bring a Cricut machine to class. Supply fee \$20.

Monday 1 Week \$65.00
January 28 6:30 - 8:30 Room M-4

Cricut For Beginners 0014

Blythe Josovitz

Monday 1 Week \$65.00
March 11 6:30 - 8:00 Room M-4

Cricut: Beyond The Basics 0015

Blythe Josovitz

Use a Cricut machine to explore more advanced features of Design Space, cut custom materials, use writing fonts & pens, and make several projects to take home! You do not need to bring a Cricut machine to class. Supply fee \$20.

Tuesday 1 Week \$65.00
January 29 6:30 - 8:30 Room M-4

Cricut: Beyond The Basics 0016

Blythe Josovitz

Tuesday 1 Week \$65.00
March 12 6:30 - 8:30 Room M-4

Furniture Painting 0017

Daniella Toth

Learn the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application. Then more advanced layering techniques, including dry brushing under a colored wash, frottage, stenciling, and creating a weathered look with a wet wax technique. Materials are included, no chemicals or stripping.

Tuesdays 2 Weeks \$125.00
March 12 6:00 - 9:00 Room M-7



Acrylic Pour Painting 0018

Blythe Josovitz

Learn the basics of using Pouring Medium and acrylic paint to create beautiful motion-based abstract art. In-class demonstrations will show you various pouring techniques and materials. You will be able to create a work of art to take home. Please bring a box or container larger than 10" x 10" to take your wet artwork home to dry. Dress for a mess! Materials fee: \$15.

Wednesday 1 Week \$65.00
January 30 6:30 - 8:30 Room M-4

Acrylic Pour Painting 0019

Blythe Josovitz

Wednesday 1 Week \$65.00
March 13 6:30 - 8:30 Room M-4

CAREER

Public Speaking 0020

Beth Stoller

Public Speaking is a more effective way for business professionals to share their expertise in a very time-efficient way. This interactive 2-part class will cover clarifying your message, identifying your audience, creating a "signature presentation," and how to keep the conversation going after the presentation. Student pre-requisites: no prior public speaking experience or skills necessary. If you have spoken before, please share your experience with us.

Beth Stoller, founder of At the Podium and The Podium Process, a speaker Mastermind group, is a public speaking coach and strategist who helps people confidently navigate the do's and don'ts of using public speaking to grow their business. Her nuts-and-bolts strategies are designed to help business professionals whether they're just starting out, looking to up-level what they're already doing, or are in need of a "re-boot."

Monday 2 Weeks \$60.00
March 4 7:15 - 8:45 Room C-3



CAMERA OPERATIONS

Basic Digital Camera Operations 0021

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 \$125.00
February 26 7:00 - 9:00 Room C-3

COLLEGE PREP SAT

These Spring sessions are open to ONLY
Grade 11 students.

SAT MATH

SAT-M

THS Staff Members

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

Jan/Feb/March 6 Weeks \$105.00

DATES TO BE DETERMINED Room A-33

SAT ENGLISH

SAT-E

Critical Reading/Writing

THS Staff Members

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

Jan/Feb/March 6 Weeks \$105.00

DATES TO BE DETERMINED Room B-13



CONNECTIONS TO COLLEGE

College Application That Gets You In

0022

Sue Berescik

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

Wednesday 1 Night \$20.00

April 24 7:00 - 9:00 Room C-3

FINANCIAL

Financial Strategies For Successful Retirement

0023

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 on the first night of class.*

Tuesdays 3 Weeks \$40.00

April 30 6:30 - 8:30 Room C-2

Entrepreneurship 0024*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
April 2	7:45 - 9:30	Room C-5

Secrets- That Wall Street Does NotWant You to Know About 0025*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
April 2	6:00 - 7:45	Room C-4

Great Real Estate Deals When Buying Or Selling In Difficult Times 0026*Richard Nathan*

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

Tuesday	1 Night	\$60.00
April 2	7:45 - 9:30	Room C-4

How To Drastically Cut Costs In Difficult Financial Times 0027*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 websites. *Optional material fee \$20.00.*

Tuesday	1 Night	\$60.00
April 2	6:00 - 7:45	Room C-5

Medicare Basics.. Get the Facts 0028*Kim McGuire*

Are you or a loved one about to turn 65 soon and getting ready to sign up for Medicare? Are you already on Medicare and would like to learn more about your Medicare options? Wondering how to find your way through the maze of Medicare terms? Medicare Assurance Group, LLC invites you to attend this course to learn more about Medicare and your health plan options. During our Medicare 101 session, you will learn; what are the differences between Medicare and other health coverage, what is Original Medicare and are there other options, is Original Medicare enough health coverage, what are Medicare Parts A, B, C, & D, are prescriptions covered, how much will it cost and are there deadlines to enroll? We will also educate you on Medicare Advantage Plans, Part D prescription drug plans and Medicare Supplement plans. The advantages and disadvantages will be discussed in an easy to understand manner. This class is designed to be an informational seminar with ample opportunity for individual questions.

Tuesday	1 Night	\$30.00
April 2	6:00 - 7:30	Room C-2

Estate Planning 101 0029*Nicole Camporeale*

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

Tuesday	1 Night	\$40.00
March 12	6:00 - 7:30	Room C-2

FITNESS

PiYo-Beginners

0030

Tina Killoran

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

Mondays **10 Weeks** **\$140.00**
January 28 **6:00 - 7:00** **Media Center**



Traditional Chinese Internal Healing Exercises and Meditation

0031

Randall Kirik

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

Tuesdays **10 weeks** **\$145.00**
January 22 **7:00 - 8:30** **Media Center**

Yoga-Gentle

0032

Deborah Swann E - RYT 500

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

Mondays **8 Weeks** **\$140.00**
March 4 **7:15 - 8:30** **Media Center**



Yoga-Moderate

0033

Deborah Swann E - RYT 500

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

Wednesdays **8 Weeks** **\$140.00**
March 6 **7:00 - 8:15** **Media Center**

Kickboxing For Beginners 0034

Tina Killoran

In this group exercise class, you will learn the basics of kickboxing. Utilizing Mixed Martial Arts inspired movements and higher intensity cardio blasts; kickboxing works your entire body from head to toe. By focusing on proper form and technique, you'll learn how to throw punches and elbows, along with all different kicks and knee strikes to fully engage your body. We'll put together strike combinations that build strength, endurance, flexibility, and coordination all while burning tons of calories. Modifications will be provided for all fitness levels. Wear sneakers, bring water, and a towel.

Wednesdays 8 Weeks \$140.00
March 6 7:00 - 8:00 Aux Gym

TwoWeek Personal Safety and Self Defense Class 0035

Kyoshi Danilo Torri, 6th Dan Karate Sensei

From high school and college dating, to the workplace, to shopping at the mall, harassment and danger are a part of our world, but there are easy to learn methods to avoid becoming a victim. Having a plan and practicing "what if" scenarios is the best way to be prepared. This two-week class will teach teen girls and adult women empowering verbal and physical techniques. Taught by Kyoshi Danilo Torri, 6th Dan Karate Sensei with more than 43 years of experience. A female black belt assistant instructor will be at each class. Wear comfortable clothing. Ages 14 – senior citizens are welcome.

Parental permission under 18.

Wednesdays 2 Weeks \$35.00
January 23 7:15 - 8:30 Hanko Ryu
Martial Arts, 2 Daniels Farm Road,
Trumbull, CT 06611, 2nd floor



GARDEN

Groundcover Plants – Beyond Pachysandra 0036



Renee Marsh

Groundcovers can provide the solution to many of your garden challenges! In addition to providing soil cover and suppressing weeds, they add texture and color to your garden with minimal maintenance. This course will cover a wide range of groundcovers that can thrive in all spots in your garden – in shade, in sun, on slopes or under trees. From evergreens to deciduous, herbaceous to woody, flowers to foliage, this group of plants will have something for you. Come explore beyond pachysandra and ivy!

Monday 1 Night \$40.00
March 4 6:30 - 8:00 Room C-2



Container Gardening – Beyond Annuals! 0037

Renee Marsh

Growing in containers provides dazzling plant and design options, but keeping plants healthy (and alive) can be a challenge. We will dive into the horticultural aspects of container gardening from selecting the appropriate pot and soil mix to fertilizing, watering and overwintering. We will explore growing many types of plants including trees, conifers, shrubs, perennials with a nod to annuals and vegetables. Finally, we will explore the creative and design side including container styles, design guidelines and garden settings. Come explore how to enhance your garden and home with containers!

Monday 1 Night \$40.00
March 11 6:30 - 8:00 Room C-2

Vegetable Gardening 0038

Renee Marsh

Want your own vegetable garden, but haven't a clue where to start? Then this is the class for you. It is designed for beginners and will cover how to set up and cultivate a small vegetable garden. You will learn the basics of how to create a garden, prepare the soil and choose the best crops for our climate. We will also discuss how to manage weeds, insects and common diseases with a focus on organic approaches.

Monday 1 Night \$40.00
March 18 6:30 - 8:00 Room C-2



Perennial Gardening



0039

Renee Marsh

Tired of gardens that take too much care? Done with replanting annuals year after year? Then it's time to learn more about how to have a beautiful, low maintenance perennial garden. This class will take you through the fundamentals of soil and light requirements and how to select the right plants. We will also look at how to properly plant perennials, how to maintain your garden through the seasons including pruning and pest management. Finally, we will review some low maintenance plants that thrive in our climate.

Monday **1 Night** **\$40.00**
March 25 **6:30 - 8:00** **Room C-2**



Gardening for Birds, Bees and Butterflies

0040

Renee Marsh

Help your local pollinators flourish! This class will teach you how to grow a naturally healthy garden that will help birds, bees and butterflies thrive. Plus you will enjoy a garden with a stunning variety of flowers that bloom throughout the seasons. Plant selection, ecologically sustainable growing practices and habitat building will all be covered. You will also learn to recognize some of our common native species and understand their lifecycles

Monday **1 Night** **\$40.00**
April 1 **6:30 - 8:00** **Room C-2**



Managing Garden Pests

0041

Renee Marsh

Have you given up gardening out of frustration? Managing pests in our gardens including insects, deer, weeds, and diseases is a challenge. This class covers the basics of integrated pest management (IPM), an environmentally sensitive approach to pest management that relies on a combination of common-sense practices. Learn how to identify pests and diseases, how to keep pests from becoming a problem, and how to control damage with the least possible harm to you and the environment.

Monday **1 Night** **\$40.00**
April 8 **6:30 - 8:00** **Room C-2**

GOLF

Get Golf Ready

0042

Bobby Brown PGA Professional at Tashua Knolls.

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

Mondays **5 Weeks** **\$150.00**
April 8 **5:00 - 6:00** **Tashua Knolls**

0043

Mondays **5 Weeks** **\$150.00**
April 8 **6:00 - 7:00** **Tashua Knolls**

LANGUAGE

Spanish

0044

Virginia Dileo

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

Tuesdays **10 Weeks** **\$150.00**
January 29 **5:30 - 7:30** **Room C-6**

Spanish 2

0045

Virginia Dileo

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

Wednesdays **10 Weeks** **\$150.00**
January 30 **5:30 - 7:30** **Room C-6**

PERSONAL INTEREST

Substitute Teaching And Para Professional Guide 0046

Maryann Dikranian

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

Tuesdays 4 Weeks \$85.00
February 5 7:00 - 9:00 Room C-5



Time to Write – Fiction, Non-Fiction, Memoir 0047

Tina DeMarco

We all have a story inside, just waiting to be written. It might be an idea about love & romance, a mystery, fantasy, or a political thriller that's been nagging at you for a long time. It can even be something about your experiences or your family history that you want to share with others, or a subject you want to explore on paper. Whatever it is, you can turn your ideas into stories that people want to read even if you don't quite know how to do it, or you're a pro needing a bit of direction into something new. This creative writing workshop will help you find your voice and a clear path to writing your stories down.

Over the series of classes, we'll cover the basics of writing craft, with plenty of writing exercises to open the writer within! Just remember - Everybody's story is worth telling!

Wednesdays 5 Weeks \$125.00
April 3 7:00 - 9:00 Room C-5

How To Talk To Your Angels 0050

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
February 6 7:00 - 9:00 Room C-4

Angel Signs

Robin Tesei



0048

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

Tuesday 1 Night \$40.00
February 19 7:00 - 9:00 Room C-4

Healing With The Archangels 0049

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 \$40.00
March 6 7:00 - 9:00 Room C-4

Angel Cards Readings

Robin Tesei



0051

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.

Tuesday 1 Night \$40.00
March 26 7:00 - 9:00 Room C-4

Crystals And Angels

Robin Tesei



0052

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

Wednesday 1 Night \$40.00
April 3 7:00 - 9:00 Room C-4

You're On The Air! (How to Really Make It In Voice-Overs!)

0053

James Seawood

In what could be one of the most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will learn about a unique, outside 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! James Seawood is a New York based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, The City of Charlotte, Cholula Hot Sauce and MGM Las Vegas Casino.

Tuesday

1 Night

\$50.00

March 5

6:30 - 8:30

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

Indoor Winter Soccer Skills

Rich Sutherland, Girl's Varsity Coach

Trumbull High School and Trumbull Continued Ed are pleased to announce the Winter Indoor Soccer Skills Program for the winter of 2019. All programs will be overseen by the *Trumbull Girl's Varsity Soccer Coach, Rich Sutherland. Rich Sutherland is a UEFA A licensed soccer coach and the holder of the NSCAA Premier Diploma and has worked for many clubs including Manchester United, Atletico Madrid and Glasgow Rangers.* Encompassing all ages from 4 year olds through to high school athletes. Each age group will work from a specific curriculum to ensure maximum touches and ongoing development. These programs are designed to bridge the gap between the Fall and Spring seasons. Adding in some additional time with the ball over the winter months will help significantly with the progression back into spring soccer.

January 6

7 Weeks

\$180.00

Make up days TBA

Location: Trumbull HS Gyms on Sunday afternoons

Spots are limited so please sign up early to secure your place.

LEVEL	COURSE #	TIME	VENUE
High School Players	SOCCER01	4:00PM - 5:30PM	HS Gym
U9 & U10 Players	SOCCER02	5:30PM - 6:30PM	HS Gym
U11 & U12 Players	SOCCER03	6:30PM - 7:30PM	HS Gym
U13 & U14 Players	SOCCER04	7:30PM - 8:30PM	HS Gym
4 and 5 year olds	SOCCER05	4:00PM - 5:00PM	Aux Gym
6 - 8 year olds	SOCCER06	5:00PM - 6:00PM	Aux Gym

TECHNOLOGY

Introduction to Microsoft Word 0054

Theresa Purdie

Students will learn how to use Microsoft Word to make professional and visually appealing documents. Topics will include learning how to create, save and edit text and paragraphs, setting up tabs and margins, adding borders and shading, inserting headers and footers, adding and formatting page numbers, and creating formatting and editing tables. Students will also learn how to insert clip art in documents, set up brochures, and create newsletters. Students will need a basic understanding of how to use a computer and a mouse.

Wednesdays 2 Weeks \$90.00
January 23 6:00 - 8:00 Room A-16

Introduction to Microsoft Excel 0055

Theresa Purdie

Students will learn how to create professional spreadsheets using Excel. Topics include creating a spreadsheet, editing techniques, inserting formulas and functions, using formatting features, and creating a simple chart. Students will learn how to set up practical and useful spreadsheets for a basic budget and payroll.

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

Introduction to PowerPoint 0056

Theresa Purdie

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

Wednesday 1 Week \$50.00
February 27 6:00 - 8:00 Room A-16

Google Docs, Sheets and Slides Made Easy 0057

Theresa Purdie

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, and working with others on those documents in real time. Students will be able to save the documents online and learn how to access their work from, their phone or tablet, as well as, their computer. Students learn how to upload existing documents from Word, Excel, and PowerPoint and convert those documents into a Google document.

Wednesdays 2 Weeks \$90.00
March 20 6:00 - 8:00 Room A-16

Away for the Day



SPRING-SUMMER 2019 SCHEDULE

"Sleeping Beauty" The NYC Ballet will perform this timeless ballet w/a sublime score by Tchaikovsky, and choreography by Peter Martins. Lunch at Le Rivage.

Sat., Feb. 23 Deadline: Jan. 21 \$225

Shen Yun This performance at Lincoln Center features classically trained dancers in brilliant costumes, a blend of Eastern and Western music, and exquisite rainbow-colored Asian backdrops. Lunch: Pappardella.

Thursday, March 7 \$219

"The Beyond: Georgia O'Keeffe and Contemporary Art" At the beautiful **New Britain Museum of American Art**, we'll have a guided tour through the works of this popular artist. Lunch in New Britain at Cracovia.

Thursday, April 25 \$TBD

"Kiss Me, Kate" Kelli O'Hara stars in this Broadway musical comedy masterpiece based on "Taming of the Shrew." Cole Porter's stylish tunes include "Too Darn Hot," "So in Love," "Always True to You in My Fashion." Lunch: Pappardella

Saturday, May 4 \$215

Providence, RI We'll visit a magnificent mansion built in 1788 by John Brown, patriot and merchant. And end the day at the Rhode Island Museum with a tour of its "Visions and Revisions" exhibit featuring prints from the ages.

Wednesday, May 29 \$TBD

"Music Man" Join us at Goodspeed Opera House for another delightful musical and at the charming and historic Copper Beech Inn in Ivoryton, CT for an excellent lunch.

Thursday, June 6 \$169

To receive a complete brochure with pick-up times and to be added to our mailing list, call Jill Meyer
 203-226-4310 or
 e-mail jill@awayfortheday.net

DRIVER EDUCATION PROGRAM



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

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

Registrations are available in the THS Main Office or outside the Drivers Ed Office. For upcoming class dates please check the THS website or 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.

TRUMBULL PUBLIC SCHOOLS

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

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



Substitute Custodians, No Experience Needed

Please contact Debra Kohn
for more information at:
203-452-4306.



HEADSTART is now recruiting children who will be
3 or 4 years old by December 31 from Trumbull, Monroe,
Easton, North Bridgeport, Stratford, Fairfield, and Newtown
for its Fall 2018-2019 Preschool Program.

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

Priority is given to 4 year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this FREE,

Award-Winning, Preschool Program.
Call 203-452-4422 for more information.



REGISTRATION FORM
PRINT CLEARLY

Name _____
Last First

Address _____
Street City State Zip

Phone _____
Days Evenings Cell

Email _____

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

PAYMENT INFORMATION:

NAME ON CARD _____

CARD # _____ CVV # _____

EXP. DATE _____

_____ CHECK

_____ VISA

_____ MASTERCARD

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

Please read and sign waiver.

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

Signature: _____ Date: _____ 15

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

Non Profit
U.S. Postage Paid
Permit No. 35
Monroe, CT 06468

Trumbull



**Postal Customer
Trumbull, CT 06611**

COMING SOON IN EARLY SPRING
SUMMER EXPORATIONS!!!

WE ARE ALWAYS LOOKING FOR NEW IDEAS TO
ENHANCE OUR SUMMER OFFERINGS!!
PLEASE SUBMIT TO US BY JANUARY 28, 2019.
cgould@trumbullps.org

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