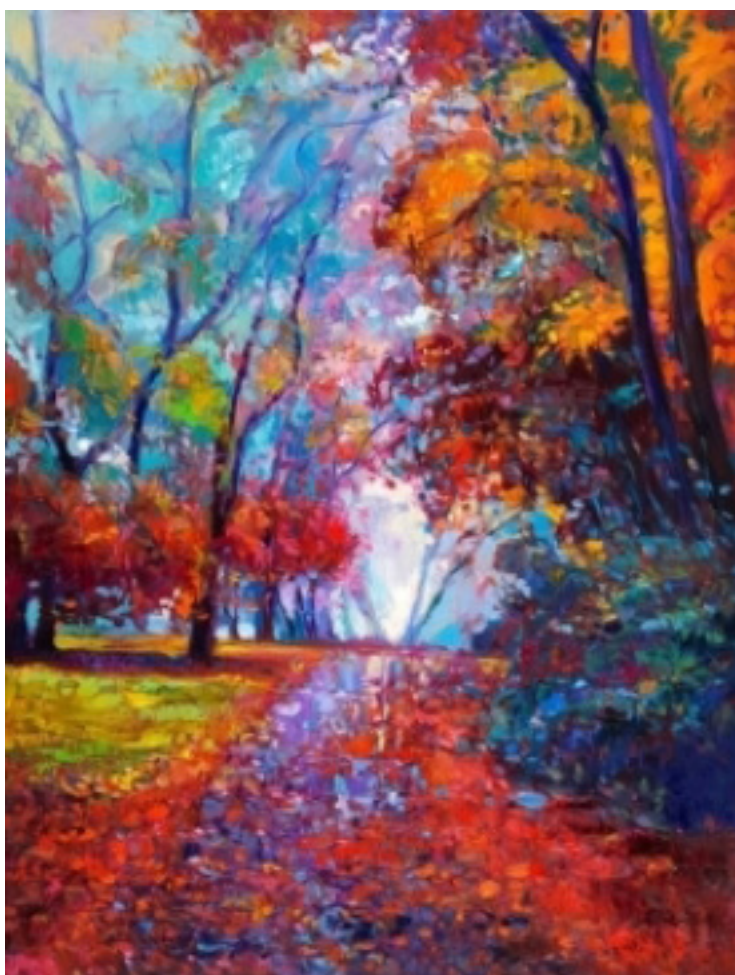




FALL 2026



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

Dr. Martin J. Semmel, Superintendent
Christine Marr, Administrative Assistant

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GENERAL INFORMATION

Location of Classes:

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

Enrichment Tuition:

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

Processing Fee: Non Refundable \$5.00 per order,

We do not prorate.

Enrichment Registration:

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

Online:

www.trumbullconted.org

We accept Visa and Mastercard

Mail:

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

Confirmation of Registration will not be sent, unless you are notified to the contrary, courses will run as scheduled. If registering late, call to be sure the course is not full or cancelled. If a course is full 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 Education classes will be cancelled. If the public school has a delayed opening, evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE. Online WFSB.com to get all local information.

Mandated Academic Classes

ESL, GED, NEDP and CDP,

There are no fees for Trumbull residents for the mandated academic classes.

Nondiscrimination:

The Trumbull/Stratford Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Trumbull/Stratford Continuing Education nondiscrimination policies should be directed to James Noga (203) 385-4270, nogaj@stratk12.org

General Accessibility and Accommodation:

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

General Educational Development

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

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

Trumbull/Stratford Adult & Continuing Education
45 North Parade Street, Stratford, CT 06615

(203) 385-4270

continuingeducation@stratk12.org

Fall enrollment opens on

August 10, 2026

and classes begin on

September 8, 2026

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

Credit Diploma Classes (Evening High School)

classes begin on September 8, 2026

5:00 - 7:00 PM and 7:00 - 9:00PM

ESL & GED Program classes begin

September 14, 2026

6:00 - 7:30PM and 7:30 - 9:00PM

ABE/GED

5:00-7:00pm and 7:00-9:00PM ESL

American Citizenship Classes begin

September 14, 2026

6:00 - 7:30PM

Placement testing is by appointment

only. Testing will begin on

August 17, 2026. Once registered

please call or email for an

appointment.

NO CLASSES: This list of closures are for the classes held at Trumbull High School. Please check the other locations for dates classes are not held.

September 15: Early school closing, no evening classes

September 21 : Yom Kippur

October 12: Columbus/Indigenous People's Day

November 17: Early school closing, no evening classes

November 25 - 27: Thanksgiving Recess

December 23 - January 4: Holiday Recess

January 18: Dr. Martin Luther King Jr. Day

ARTS & CRAFTS

Wheel Thrown Pottery

CE01

Lisa Edwards

This course will give students the opportunity to learn to throw on the potter's wheel. Instruction will begin with centering, then raising and ultimately shaping a range of forms, as students work at their own pace. Students will gain experience in glazing and electric firing in this course.

This course is for beginner students only. Class limit is 10. There are no discounts for this class.

Wednesdays	8 Weeks	\$225.00
Sept. 16	6:00 - 8:00	Room M-13



Brush Pen Calligraphy

CE02

Irene Blumenthal

Learn the art of calligraphy using a brush pen. No previous experience (or good handwriting) required. This course provides a step by step approach to learning the 9 basic strokes and mastering the thick and thin variations that define calligraphy. Each student will get a fudenosuke hard tip brush pen, a supply of high quality practice paper and my workbook detailing each stroke and exemplars of both upper and lower case letters. **Supply fee \$10 payable to instructor on first night.**

Tuesdays	7 Weeks	\$65.00
Sept. 22	7:30 - 8:30	Room M-4

Oil Painting

CE03 & CE04

Michael Barrett

This course teaches oil painting for adults; all levels. The focus is on portrait, but any subject is acceptable. Students will learn drawing, color, painting techniques, values and basic principles. *Please note class size is limited and these classes fill quickly!*

CE03

Mondays	12 Weeks	\$245.00
Sept. 14	7:00 - 9:30	Room M-7

OR

CE04

Tuesdays	12 Weeks	\$245.00
Sept. 22	7:00 - 9:30	Room M-7

BOATING SAFETY/ CERTIFICATION

Boating & Personal

CE05 & CE06

Water Safety Certificate Class

Captain Glenn Dean (CT State Approved Instructor)

This all-inclusive class allows you to legally operate a boat and/or personal watercraft, and includes the water ski towing endorsement. Upon successful completion of the course, students will have knowledge of state and federal boating laws and guidelines and will earn a CT Safe Boating Certificate (often referred to as the "Boater's License"). The state certified instructor will guide you through the download process which includes a one-time additional payment due to the state of Connecticut of \$50.00 per certificate. You will be certified for life!

Choose one of the following 2 night classes.

CE05		
Tues. & Weds.	2 Nights	\$80.00
Sept. 29 & 30	5:00 - 9:00	VIRTUAL
OR		

CE06		
Tues. & Weds.	2 Nights	\$80.00
Nov. 17 & 18	5:00 - 9:00	VIRTUAL

BOOK PUBLISHING

You Wrote a Book, Now What? CE07

Jan Kardys

Taught by a literary agent, former executive with the Big Five Publishers, and President of Black Hawk Literary Agency, this workshop covers the composition of query letters, researching your competition, non-fiction book proposals, components of a novel, and finding the right agent. Also discover various departments of a book publisher, a writer's duties as a client of an agent, and the responsibilities of a literary agent for their clients. Self-publishing versus traditional publishing is explored along with social media and promoting your book. Powerpoint and 50 handouts.

Discounts do not apply.

Mondays	4 Weeks	\$55.00
Oct. 6	6:30 – 7:30	Room C-7

CAMERA OPERATIONS

Basic Digital Camera Operations *DSLR & Mirrorless* CE08

John Zappala

Need help understanding how to use your DSLR camera? Is the instruction manual that came with it almost impossible to understand? This class will guide you to knowing how to take pictures you can be proud of and acquire a good knowledge of photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and sharply focused.

Whether you are interested in photographing your friends, family, nature landscapes, or sports, this course will certainly enhance your talents. Learn how to freeze the action sports, create beautiful portraits with that blurry background and use your flash as professional fashion and wedding photographers do. Become truly confident in your picture taking abilities. Bring your camera and manual.

Discounts do not apply.

Tuesdays	6 Weeks	\$130.00
Oct. 13	7:00 – 9:00	Room C-3

Finding the Most Complementary Light (Photographing Selfies, Friends, and Family)

CE09



John Zappala

As a professional photographer, whether the assignment was a fashion shoot, a wedding, or a corporate portrait, it has always been very important to have my clients look their best. Having them look their best was invaluable in pleasing them and gaining a reputation that would attract new clientele. Over the years, I have studied and put together a variety of photographic techniques designed to complement and bring forward ones most pleasing features. Expression and background is of course relevant in creating a good shot, but perhaps more important in creating a flattering portrait, is the right light. That soft radiant glowing light that gives you your best look. Professional photographers do their best to create that light in the studio with umbrellas and soft boxes, but even more beautiful light exists outdoors naturally. This course is about finding that light in natural settings so that you, your friends, and family can create and enjoy beautiful portraits.

Discounts do not apply.

Wednesdays	2 Nights	\$45.00
Sept. 23 & 30	7:00 – 9:00	Room C-3

COMMUNICATION SKILLS

The Feedback Formula: CE10 How to Give and Get Great Feedback



Elizabeth Garypie

What is feedback? When is feedback valuable and when is it not? This practical session demystifies the process of both giving and receiving feedback and helps you master the mechanics of high-quality feedback. Participants will learn how to ask for and deliver constructive feedback that fosters growth. We will also explore how to recognize good feedback from bad, practice techniques for requesting and receiving feedback openly, and discuss approaches to use feedback as a powerful tool for communication and improvement.

Tuesday	1 Night	\$45.00
Oct. 20	6:30 – 8:30	Room C-1

FINANCIAL

Medicare 101 - Get the Facts CE11

Kim McGuire

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

Wednesday	1 Night	\$30.00
Sept. 30	6:00 - 7:30	Room C-5

Estate Planning and Asset Protection CE12

Attorney Nicole M. Camporeale

Protect your legacy and secure your family's future in this practical course on estate planning. You'll learn the importance of wills, trusts, healthcare directives, and power of attorney documents. We'll also demystify strategies to shield your hard-earned assets from unexpected long term care costs. Leave this course empowered to take control of your financial legacy.

Wednesday	1 Night	\$30.00
Sept. 30	6:00 - 7:30	VIRTUAL

Secrets That Wall Street Does Not Want You to Know CE13

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. Discounts do not apply.*

Tuesday	1 Night	\$70.00
Oct. 20	6:00 - 8:00	Room C-4



How To Drastically Cut Your College Costs CE14

Beverly Nathan

Beverly Nathan, strictly a consumer advocate, will teach you how to negotiate from strength with colleges. You will be taught the difference between private and federal loans, grants, parent plus loans, and scholarships. The key is finding colleges that give merit scholarships which is the key to big reductions in what you pay for cost for colleges. We will discuss books, websites, and common data sets that will make you an expert in finding colleges that offer merit scholarships. If you understand these concepts, you will be able to deal from strength when dealing with the financial aid office. After this course, you will be able to avoid massive college loans. *Optional material fee \$20.00. Discounts do not apply.*

Tuesday	1 Night	\$70.00
Oct. 20	6:00 - 8:00	Room C-5

Getting Real Estate Deals When Buying or Selling Property **CE15**

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 for 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 websites. Also to be discussed is how to sell your home with or without a realtor. *Optional material fee \$20.00.*

Discounts do not apply.

Tuesday	1 Night	\$70.00
Oct. 20	8:00 - 10:00	Room C-4

Entrepreneurship: Starting Your Own Business With Little Money Down **CE16**

Beverly Nathan

You will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. You will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. The instructor, Bev Nathan is a successful business person with over 20 years of experience. She began a part-time, home-based business and upon her retirement it became a successful full-time business in an office complex. *Optional material fee \$20.00. Discounts do not apply.*

Tuesday	1 Night	\$70.00
Oct. 20	8:00 - 10:00	Room C-5

FITNESS

Exercise Through Line Dancing **CE17**

Tom Mohyde

Get ready to move, groove, and have a blast in this dynamic and inclusive line dancing course! Featuring nearly 70 exciting dances, this class offers something for everyone, from upbeat disco and spirited Latin rhythms to timeless standards and beloved Broadway hits. Whether you're a beginner or experienced, you'll enjoy routines that engage your arms, legs, and mind, promoting physical fitness, coordination, and cognitive sharpness. With varying activity levels, you can dance at your own pace. Led by an instructor with over 55 years of experience in ballroom, Zumba®, and line dancing, you'll benefit from expert guidance in a supportive and fun environment. Popular line dances done with music including disco, pop, and latin rhythms. Students will receive exercise equivalent to walking one mile or more! Come for the music, stay for the movement, and leave with new skills, great memories, and maybe even a few new friends.

Wednesdays	10 Nights	\$145.00
Sept. 16	7:00 - 8:00	THS Aux Gym



Fitness Boxing CE18 - CE20

TITLE Boxing Club

Participate in a full body, one-hour, trainer-led workout, all while learning the fundamentals of boxing. Fitness boxing is a great way to build strength, endurance, and muscle while empowering yourself!

Perfect for general fitness, but also a fantastic program for sports training. It's a fun and exciting workout with no experience necessary. Supply fee \$85 (glove/wrap bundle) payable to instructor. Discounts do not apply.

Session 1 CE18

Mon. & Sat. 8 classes 2x Week \$159.00*

Sept. 14 - Oct. 10

Mondays - 6:30pm

Saturdays - 9:30am

Session 2 CE19

Mon. & Sat. 8 classes 2x Week \$159.00*

Oct. 12 - Nov. 7

Mondays - 6:30pm

Saturdays - 9:30am

Session 3 CE20

Mon. & Sat. 8 classes 2x Week \$159.00*

Nov. 9 - Dec. 5

Mondays - 6:30pm

Saturdays - 9:30am

***does not include supply fee
\$85 (glove/wrap bundle) payable to
instructor.**

**All classes held at:
TITLE Boxing Club
169 Cherry Street, Milford
203-701-6100**



Adaptive/Parkinson's CE21 - CE23 Fitness Boxing & Movement Program



TITLE Boxing Club

Do you or a loved one have Parkinson's, a mobility-related challenge, or a disability? Join our Adaptive Boxing Movement Program - a safe, uplifting fitness class designed to improve balance, strength, coordination, mobility, and confidence. This 4-week program meets twice a week for 1-hour, skilled trainer-led session. No boxing experience needed. All ages. Come try it - you'll be glad that you did! Supply fee \$85 (glove/wrap bundle) payable to instructor. Discounts do not apply.

Session 1 CE21

Wed. & Fri. 8 classes 2x Week \$159.00*

Sept. 16 - Oct. 9

Wednesdays - 10:30am

Fridays - 10:30am

Session 2 CE22

Wed. & Fri. 8 classes 2x Week \$159.00*

Oct. 14 - Nov. 6

Wednesdays - 10:30am

Fridays - 10:30am

Session 3 CE23

Wed. & Fri. 8 classes 2x Week \$159.00*

Nov. 18 - Dec. 11

Wednesdays - 10:30am

Fridays - 10:30am

***does not include supply fee
\$85 (glove/wrap bundle) payable to
instructor.**

**All classes held at:
TITLE Boxing Club
169 Cherry Street, Milford
203-701-6100**



Ballroom Dance Class **CE24**
Tom Mohyde



Want to enjoy the next wedding, anniversary, 50th, 60th, or 70th birthday party dancing the night away? Join the class and you'll be able to dance to disco, hustles, latin rhythms, and free style dance music! Taking this course will also provide you with an evening of exercise! Call a friend or two and have them join you for a fun night out!

Wednesdays **10 Weeks** **\$145.00**
Sept. 16 **8:00pm - 9:00pm** **Aux Gym**

Fall Garden Tips for Spring Garden Sanity **CE26**
Nicole Christensen

In this class we will discuss how to put your garden and flower beds "to bed" for the end of the season, how to properly store tools and other garden items, and how and what to prune, and how and what to sanitize. Students will learn how to avoid many preventable garden and yard issues, including diseases and other pests throughout the year by doing a few simple things before cold weather sets in. You'll walk away with some great tips!

Monday **1 Night** **\$40.00**
Oct. 26 **6:30 - 8:30** **Room C-3**

GARDENING

Herbal Tea Gardening 101 **CE25**
Elizabeth Garypie



Explore the world of herbal tea from your very own garden! This class makes growing your own herbal tea simple and easy. Whether you want to relieve stress, improve health, or simply enjoy a delicious cup of tea, you will learn the basics of starting and maintaining your own tea garden in our local Connecticut climate. Students will walk away with all the basics needed, knowledge of the various types of herbs that make good tea, as well as tips and tricks for blending and brewing tea from both fresh and dried herbs. Students will also get the opportunity for hands-on tea blending in class!

Monday **1 Night** **\$40.00**
Sept. 14 **6:30 - 8:30** **Room C-1**



Houseplants 101 **CE27**
Nicole Christensen

Cooler temperatures will be here before you know it and gardening outside will have to wait. Why not do some indoor gardening? We're talking houseplants! Do you have a hard time with indoor plants? Already a houseplant enthusiast? Expand your knowledge and know how. We will cover all sorts of houseplant situations and offer advice on how to keep your houseplants happy, what plants to choose (and what to avoid), where to place them, and how to maintain and overwinter indoor potted plants. From common houseplants to orchids, African violets, and everything in between, we'll tackle the different challenges of indoor gardening and learn how to make your houseplants work for you!

Monday **1 Night** **\$40.00**
Nov. 30 **6:30 - 8:30** **Room C-3**



GENEALOGY

Researching Our Roots- CE28 An Introduction to Genealogy

Sarah Miller

Are you interested in building your family tree? Join instructor Sarah Miller as she presents strategies to begin your ancestral research using a variety of online sources. We'll focus on American records available and how to locate them. The presentation is followed by guided research time with access to several paid genealogical subscriptions. Please bring family documents and information, as well as a tablet or laptop. This class is designed for those just beginning their ancestral research.

Discounts do not apply.

Monday	1 Night	\$35.00
Sept. 28	6:00 - 8:00	Room C-2

GOLF

Improve Your Short Game CE29

Dave Bove

A comprehensive approach to the fundamentals of sound putting, chipping, pitching, and bunker play. The course will allow students to understand the different uses of their club in various situations. Participants should bring golf clubs.

Course fee includes range balls. Class limited to 12 students.

Thursdays	5 Weeks	\$190.00
Sept. 17	5:00 - 6:00	

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

Intro To Golf CE30

Dave Bove

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs.

Course fee includes range balls.

Class limited to 12 students.

Thursdays	5 Weeks	\$190.00
Sept. 17	6:00 - 7:00	

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

HOME IMPROVEMENT/MAINTENANCE

How to Keep it Clean, CE31 & CE32 For a Happier You!

Nicky Tomboulides of Penguin's Best Housekeeping Service, LLC

This course will go over Nicky's "7 in 7", seven things to do every day to keep dirt and clutter away. Learn why less cleaners and more tools are best. The "system" will be revealed to teach you how to clean like a professional and so much more! **There are NO discounts for this class.**

Please select ONE of the following classes.

	CE31
Tuesday	1 Night
Sept. 22	6:30 - 8:00
	\$35.00
	Room C-2

OR

	CE32
Tuesday	1 Night
Oct. 20	6:30 - 8:30
	\$35.00
	Room C-2

MUSIC

Instant Piano for Hopelessly CE33 Busy People

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

Discounts do not apply.

Saturday	1 Day	\$69.00
Oct. 17	9:00am - 12:00pm	VIRTUAL

Instant Guitar for Hopelessly Busy People CE34

Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+

Discounts do not apply.

Saturday 1 Day \$69.00

Oct. 17 1:00pm - 3:30pm VIRTUAL



Instant Ukulele for Hopelessly Busy People CE35

Craig Coffman



In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using zoom and is partly hands on and partly lecture/demonstration. For ages 13+.

Discounts do not apply.

Thursday 1 Night \$69.00

Oct. 22 6:30pm - 9:00pm VIRTUAL

How to Play Piano by Ear CE36

Craig Coffman



Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Discounts do not apply.

Saturday 1 Day \$69.00

Nov. 21 10:00am - 12:30pM VIRTUAL

NUTRITION

Nutrition for Longevity: Eat Well, Age Well CE37

Joy Morrison, Certified Dietitian Nutritionist

This informative class explores how everyday food choices can support long-term health, vitality, and overall well-being. Designed for anyone who wants to feel their best and age gracefully, the session simplifies nutrition science and provides realistic approaches to making healthy eating enjoyable, sustainable, and effective for everyday life. Participants will also receive easy, nourishing recipes to help put the principles into practice right away.

There are NO discounts for this class.

Select ONE of the following classes:

Monday 1 Night \$40.00

Sept. 28 6:30pm - 8:00pm Room C-4

Eat to Feel Better

Joy Morrison, Certified
Dietitian Nutritionist



CE38

Feel like you are eating “pretty healthy” but still struggling with low energy, afternoon crashes, poor focus, or feeling less than your best? This practical and evidence-based class explores how everyday food choices may influence energy, concentration, and overall vitality. Participants will learn simple strategies for building satisfying meals, supporting steady energy throughout the day, and identifying common nutrition habits that may leave them feeling depleted. The session cuts through nutrition confusion and focuses on realistic, enjoyable approaches that fit real life—without strict rules, complicated plans, or perfection. Participants will leave with practical tools and simple meal ideas they can start using right away. **There are NO discounts for this class.**

Wednesday 1 Night \$40.00
Oct. 21 6:30pm - 8:00pm Room C-4

PROFESSIONAL DEVELOPMENT

Managing Your Manager

Elizabeth Garypie



CE39

Do you ever wonder what your manager is thinking? Do you ever wish you could get your manager to pay more attention to what concerns you? Do you want your manager to provide you with new and more challenging opportunities? This session offers a practical, engaging look at how to “manage up” in a way that strengthens your partnership with your manager. You’ll learn how to better understand their goals and work style, communicate with clarity and confidence, and advocate for yourself in meaningful ways. By creating a more collaborative, supportive dynamic, you’ll be able to address challenges more effectively, grow in your role, and set both you and your manager up for shared success.

Tuesday 1 Night \$45.00
Oct. 13 6:30 - 8:30 Room C-1

SAT PREP

For juniors and seniors at THS

SAT Math

THS Staff Members

SATM

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.

CLASS DETAILS TBD

SAT English

Critical Reading/Writing

THS Staff Members

SATE

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

Wednesdays 5 Weeks \$180.00
Sept. 9 2:30 - 4:00 Room B-13

SPECIAL INTEREST

Intro to Tarot

Sally Russo

CE40

Tap into your inner wisdom and begin to explore your intuition through the magic and mystery of the tarot. Please bring a tarot deck to class. **There are NO discounts for this class.**

Wednesday 4 Weeks \$60.00
Oct. 7 6:00 - 8:00 Room C-2

ANGEL HAPPINESS WITH ROBIN



Messages from Heaven: Understanding Angel Signs & Numbers

Robin Tesei

Discover How Angels and Loved Ones Send You Messages Every Day
Many people see signs from spirit but aren't sure how to interpret them. In this inspiring and eye opening class, you'll learn how angels and departed loved ones communicate through everyday moments offering comfort, guidance, and reassurance. Have you ever noticed repeating numbers like 111, 444, or 888? Does a loved one's favorite song play just when you're thinking of them? Do feathers, butterflies, birds, or pennies appear in unexpected places? Have lights flickered or electronics turning on and off without origin? These gentle nudges are not coincidences. They are loving messages from Heaven reminders that you are supported, protected, and never alone. In This Uplifting Workshop, You Will Learn:
The many ways angels and loved ones send signs
How to recognize and interpret those signs
How to ask for signs
The meaning behind repeating numbers and angel number sequences
How Divine Guidance and Synchronicities work and how to trust them
Ways to deepen your connection with the angelic realm
You'll walk away with a clearer understanding, a heightened awareness, and a heart centered confidence in the messages being sent to you every day. **There are NO discounts for this class.**

Monday	1 Night	\$44.00	
Nov. 2	7:00 - 8:30		Room C-5

Awakening with the Archangels: Healing, Clarity & Divine Support

Robin Tesei

Experience the guidance, comfort, and healing support of the Archangels in this uplifting workshop. Learn about the major Archangels and how to call upon them for help with stress, relationships, career decisions, emotional and physical healing, confidence, forgiveness, boundaries, and deepening your spiritual connection. You'll also enjoy a guided healing meditation and a life-balance exercise designed to promote peace, clarity, and inner calm. Leave with practical tools and the confidence to invite the Archangels' guidance into your everyday life. **There are NO discounts for this class.**

Wednesday	1 Night	\$44.00	
Oct. 14	7:00 - 8:30		Room C-1

TECHNOLOGY

Microsoft Word

Theresa Purdie

Build confidence and turn everyday typing into clean, professional documents. In this hands-on class, you will learn to format text, adjust margins, insert tables, and add page numbers with ease. You will also discover how to add images to design your own custom brochures and community newsletters. Perfect for personal projects, letters, or volunteering, this relaxed course gives you the skills to create with confidence. Prerequisites: Basic comfort using a computer and a mouse.

Wednesday	1 Night	\$65.00	
Sept. 16	5:00 - 7:00		Media Center

Microsoft Excel

Theresa Purdie

Gain confidence and take control of your numbers with this hands-on introduction to Microsoft Excel. You will learn how to easily build, edit, and format simple spreadsheets from scratch. We will guide you step-by-step through entering basic math formulas, using helpful functions, and turning your data into clear, colorful charts. By the end of the course, you will have the skills to create practical tools for everyday life, including a personal budget and a simple payroll spreadsheet. Prerequisites: Basic comfort using a computer and a mouse

Wednesday	1 Night	\$65.00	
Sept. 30	5:00 - 7:00		Media Center

Microsoft PowerPoint CE45

Theresa Purdie

Discover how to share your stories, projects, and ideas through engaging presentations. This hands-on class guides you step by step through creating, saving, and editing slides with ease. You will learn to use simple design tools, add smooth transitions, and bring your ideas to life by inserting videos, charts, and animations. Perfect for community talks, family memories, or volunteering, this user-friendly course will give you the confidence to present with pride. Prerequisites: Basic comfort using a computer and a mouse.

Wednesday 1 Night \$65.00
Oct. 21 5:00 - 7:00 Media Center

Google Docs, Sheets, and Slides Made Easy CE46

Theresa Purdie

Discover the convenience of creating and sharing files online using Google's free tools. This practical, hands-on class covers the basics of Google Docs for typing, Sheets for tracking data, and Slides for presentations. You will learn to save your work safely online, access it from any device, and collaborate with others in real time. We will also show you how to easily upload and convert your existing Microsoft files. Perfect for community projects or personal organization, this user-friendly course will get you comfortably connected. Prerequisites: Basic comfort using a computer, a mouse, and the internet.

Tues. & Wed. 2 Nights \$95.00
Dec.1 & 2 5:00 -7:00 Media Center

Artificial Intelligence (AI) CE47
Demystified-Basic Introductory Class

Theresa Purdie

This session provides an accessible introduction to Artificial Intelligence. Participants will explore the foundations of AI, its real-world applications, essential terminology, and the key benefits and challenges shaping the field. Through group discussions, hands-on activities, and relatable examples, this session keeps learners engaged while making AI concepts clear and practical.

Wednesday 1 Night \$65.00
Dec. 16 5:00 -7:00 Media Center



SUMMER 2027

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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

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