

Trumbull Adult and Continuing Education SPRING 2013

"LEARNING IS A
LIFE LONG EXPERIENCE"

Register Online:
www.trumbullconted.org
For Information Call
(203) 452-4554



*Welcome To
Trumbull Adult &
Continuing Education*

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

STAFF

*Ralph Iassogna, Superintendent
Robert A. DeCerbo, Director
Cheryl D. Gould, Secretary*

GENERAL INFORMATION

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Location of Class:
Classes will be held at Trumbull High School, 72 Strobel Road, unless otherwise specified.

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

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

***On Line:**
www.trumbullconted.org



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



***Fax:**
203-452-4595



Confirmation:

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

Storm Day Policy:

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



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

January 21, 2013
Martin Luther King Day
February 18 - 22, 2013
Vacation Week
February 28, 2013
Conferences
April 15 - 19, 2013
Vacation Week
May 27, 2013
Memorial Day

Affirmative Action Nondiscrimination Statement:

It is the policy of Trumbull Continuing Education that no person shall be excluded from participation in, denied the benefits of, or otherwise be discriminated against under any program, including employment, because of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, mental disability, and past/present history of mental disorder, learning disability, or physical disability. In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Trumbull Continuing Education Office, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.

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 Ajit Gopalakrishnan, Connecticut State Department of Education at 860-807-2125 or ajit.gopalakrishnan@ct.gov.

ACADEMICS

ESL & GED

Placement Test

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

Tuesday, January 15, 2013

Wednesday, January 16, 2013

7:00PM

Room A-11

ESL-Beginner

0002

Patrick Fahey

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

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

M & W

10 Weeks

January 23

7:00 - 9:30

Room A-11

ESL-Intermediate

0003

Maryann Dikranian

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

M & W

10 Weeks

January 23

7:00 - 9:30

Room A-10

ESL-Advanced Citizenship

0004

Karen Wise

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

M & W

10 Weeks

January 23

7:00 - 9:30

Room A-12

Adult Basic

0005

Education English and Math (ABE)

Hope Spalla

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

M & W

10 Weeks

January 23

6:30 - 9:00

Room B-13

GED Preparation

0006

Hope Spalla

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

M & W

10 Weeks

January 23

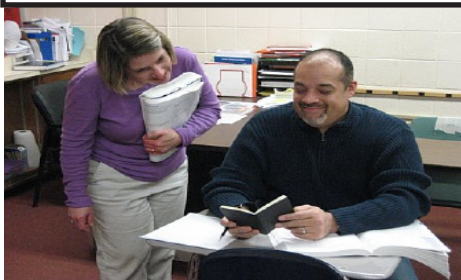
6:30 - 9:00

Room B-13

Textbooks and Workbooks:

Educational resource materials such as textbooks and workbooks are provided without a fee; however, a deposit may be charged for a textbook or a workbook.

The return of the deposit would be subject to the book being returned in a condition suitable for reuse.



Would You Like To Get A High School Diploma Without Going To Classes?

What is the National External Diploma Program?

The National External Diploma Program (NEDP) provides students with a path toward high school completion. It is an ideal program for adult students who are motivated and self-directed, who have acquired skills through life and work experiences. Students work individually with an assessor to demonstrate high school level mastery of skills. The program is flexible, self-paced, and confidential; taking approximately 6 -12 months to complete. A Trumbull Adult Education High School Diploma is awarded upon successful completion of the program; accepted by colleges, jobs, and training programs.

Is the NEDP a real diploma, and can I use it to go to college?

YES! The diploma is issued by the Trumbull School Board and is accepted by colleges.



Can my job and home management experience help satisfy the requirements? YES!

As part of the National External Diploma Program, you are required to have individualized skill. This skill can be demonstrated by: advanced academic skills training in a new field, documentation of a current occupation, or home management experience.

How do I “demonstrate” the skills I have?

Students are asked to demonstrate skills in practical ways. For example, you may be asked to: read a newspaper or a lease, measure for carpeting, write a letter to a member of Congress or to a landlord, or compute interest on a charge card.

Who chooses the National External Diploma Program? Adults who are: Practical and highly skilled, usually 21 years or older, self-directed and mature, and interested in confidentiality.



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



Career Exploration

- Job Shadowing
- Internships
- Conferences
- Career Awareness Programs
- Tours / Field Trips
- Teacher & Student Grants
- Supports all Trumbull Schools
- Public / Private / Parochial
- Grades K-12

Town of Trumbull



Trumbull Business Education Initiative (BEI) helps students explore and experience various careers and working environments.

**Visit our website at
TrumbullBEI.com**

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** **\$90.00**
January 23 **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** **\$90.00**
January 23 **7:00 - 9:00** **Room M-4**



Wheel Thrown Pottery **0011**

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 \$35.00 is payable to instructor first night of class. Class Limit is 12.

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

Oil Painting **0009**

Michael Barrett

This course teaches basic methods, proportion and placement, painting skills such as color mixture, and various styles and techniques. Students can experiment with styles and execute paintings of their choice, from portrait to landscape to still life. This course is continuous so that any student at any level can join. This course also stresses one-to-one consultation. Lab fee \$25.00 payable to instructor first night of class.

Wednesdays **10 Weeks** **\$185.00**
February 6 **7:00 - 9:30** **Room M-7**



Watercolor-Beginner **0010** **Intermediate/Advanced**

Diane Napolitano

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

Tuesdays **8 Weeks** **\$110.00**
January 22 **7:00 - 9:00** **Room M-7**

CONNECTIONS TO COLLEGE

College Application Essay Method That Gets You In

Sue Berescik

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

Tuesday **1 Night** **\$15.00**
April 9 **7:00 - 9:00** **Room A-5**

Choosing A Career Before Choosing A College: What Every Parent Should Know And DO!

Jan Dicker

Did you know that teenagers list their parents as the number one influence on their career choices? This course is a must for parents of middle school and high school teens who are struggling with career decisions. Parents don't need to be a career expert to have a positive impact on their teen's decisions, they just need information and tools to help support their teen on their career journey. This course will provide parents with engaging career activities to do with their teen and websites that provide the latest information on occupations and projections for future employment. The formula for career satisfaction will be discussed as well as ways to help your teen identify specific occupations that match their interests. Each attendee will be provided with career activities to do with their teenager and career resource information. Teenagers are encouraged to attend with their parents.

Wednesday **1 Night** **\$15.00**
February 6 **7:00 - 9:00** **Room A-6**



How To Pay For College Without Going Broke

Michael Dailey

Paying for college can be a daunting task. How can parents determine what they can afford before their child starts looking at schools? Will the family be eligible for need based aid or merit aid? How do you find out before your student applies? This class will show you how to avoid the ten biggest mistakes parents often make: why a majority of families will not receive the aid they are entitled to; how to reduce your out of pocket cost at your child's chosen school; why is it that colleges will not help you figure out the best way to pay their bill. This course is a must for parents of high school students who want to develop a game plan for funding college within the family budget and maximizing financial aid opportunities. Each attendee will receive a course binder, preliminary education funding analysis and help filing their Federal financial aid form.

Tuesday **1 Night** **\$15.00**
May 7 **7:00 - 9:00** **Room A-5**

College Admissions Today: Getting Started, Organized, And Getting In!

Mary Spiegel, CEP

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

Tuesday **1 Night** **\$15.00**
March 19 **7:00 - 9:00** **Room A-5**

SAT

S.A.T. Prep - Math 0016

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 March 9 Exam

Wednesdays 5 Weeks \$250.00
January 30 6:00 - 8:30 Room A-9

S.A.T. Prep - Math 0017

For May 4 Exam

Wednesdays 5 Weeks \$250.00
March 20 6:00 - 8:30 Room A-9

S.A.T. Prep - English 0018

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 March 9 Exam

Thursdays 5 Weeks \$250.00
January 24 6:00 - 8:30 Room B-13

S.A.T. Prep - English 0019

For May 4 Exam

Thursdays 5 Weeks \$250.00
March 21 6:00 - 8:30 Room B-13



COOKING

Cooking by "Patrizia" 0020

Pat Grosso

Please join us for our ITALIAN Cooking Class! We will be cooking delicious meals using fresh ingredients of the season. In addition to main courses, we will be making some seasonal specialties, such as Easter Meat Pie, Italian Ricotta Cheesecake, soup, pasta and vegetable dishes, and desserts! Participants should bring an apron, dish towel, a plate and silverware each week. We have a tasting at each of our classes. (You can also bring containers to take home any left-overs!) Lab Fee of \$35.00 is payable the first night of the class. Buon Appetito! Class limited to 12.

Tuesdays 8 Weeks \$120.00
January 22 6:00 - 8:00 THS



DANCE

Latin Dance 0021

Beginner I

Deb Linley

Dancing is a great way to have fun and meet new people! De-stress and let off steam as you learn the basics of Latin dance in a fun and supportive environment. Students will learn cha-cha, rumba, salsa and merengue in this 5-week beginner course. So whether you are dancing for exercise or sheer enjoyment, come gain a valuable social skill and increase your confidence next time you hit the dance floor!

Tuesdays 5 Weeks \$80.00
April 9 7:00 - 8:00 Booth Hill School

Strictly Salsa

0022

Deb Linley

Salsa, also referred to as Mambo, is an exciting and fun dance which anyone can learn! In this introductory class, we will cover basic shines and partner work with emphasis placed on leading and following. All new dance steps taught will be repeated and reinforced allowing students to become familiar and comfortable with their newly acquired dance skills. Come and learn Salsa in a warm & positive teaching atmosphere which will have you dancing in no time!

Saturdays **3 Weeks** **\$45.00**
March 9 **5:30 - 6:30** **Connecticut**
Dance Studio
Monroe, CT



FINANCIAL

Financial Strategies 0023 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; how to make appropriate health care decisions, especially who will provide care, where you live and how you will pay for your health care. We will explore some options that allow you to transfer assets to other generations of your family. By condensing up-to-date financial information into three classroom sessions, this seminar gives you answers you need. An optional financial planning consultation is provided after the class. You may bring your spouse at no extra cost. Material Fee of \$30.00 is payable to instructor first night of class.

Wednesdays **3 Weeks** **\$35.00**
March 20 **6:30 - 8:30** **Room A-8**

20 Ways To Earn Residual Income!

0024

Jim Farnham, MBA

Uncover over twenty specific ways to earn ongoing, residual income from: stocks, bonds, mutual funds and insurance, taxes and retirement income, residuals from your mortgage, on demand publishing, autore-sponders, opt-in marketing and webinars. Home-based business residuals: six business necessities and eight product/service requirements. This course is PACKED with solid, practical information! It is for you if you want to make some or all of your income more residual.

Monday **1 Night** **\$40.00**
March 4 **6:00 - 9:00** **Room A-5**

How To Build A Fun 0025 And Profitable Home-Based Business!

Jim Farnham, MBA

This class is about your personal business activities: tangible things you can do and measurable activities to increase your productivity, generate more business, expand profits, have more fun, get more clients and create more personal income! Gain access to 70 different ways to market your products and services. No hype, no fluff... just straight-up, practical information on how to get the job done!

Tuesday **1 Night** **\$40.00**
March 26 **6:00 - 9:00** **Room A-5**

Estate Planning 0026

Patricia R. Beauregard, Esq.

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

Wednesdays **3 Weeks** **\$55.00**
March 6 **7:00 - 9:00** **Room A-5**

The Five Biggest Mistakes Small Business Owners Make with Social Security

0027

Dave and Chris Ceponis

Neglecting social security and how best to deploy it for you and your family is financially unsound. Many small business owners have little idea how to optimize their social security: whether it makes sense to take any more or less income out of their business, whether they should put their spouse on payroll, or not. If the spouse is on payroll, should his/her compensation be increased, or decreased to maximize social security. What is the best time to turn on social security, how to integrate social security with other sources of retirement and income to combat inflation and longevity

Wednesdays 2 Weeks \$ 35.00
March 13 6:00 - 7:30 Room A-7

Retirewise

0028

Michael Beloff

Michael Certified Financial Planner and holds his ChFC and CASL. He also is a certified Retirement Specialist with Barnum Financial Group, An Office of MetLife.

The days when you could count on a pension and social security to keep you comfortable in your golden years are gone. Today everyone needs to play a fundamental role in their basic financial and retirement planning. retirewise, delivers objective information that covers a broad spectrum of retirement issues including, saving strategies, income alternatives, and investment options. No matter what age, background, or stage of retirement planning you are in – there is something here for you to learn. This program consists of three workshops and an optional one on one meeting – at no cost to you.

Tuesdays 3 weeks \$45.00
March 5 6:00 - 8:00 Room A-8

Away for the Day



SPRING-SUMMER 2013 SCHEDULE

NYC Ballet Join us at Lincoln Center for the company's performance of "Sleeping Beauty." This production will be a feast for the senses with Peter Martins's choreography, luxurious sets and costumes, and Tchaikovsky's score. Lunch: Le Rivage.

Sunday February 24 \$154

"Once" Winner of Best Musical, this irresistible tale revolves around an Irish musician and a Czech immigrant, drawn together by a shared love of music. "Once" is thrilling in its originality. Lunch at Mont Blanc.

Wednesday, March 6 \$176

"Lend Me A Tenor" at the Paper Mill Playhouse, Millburn, NJ In this Tony Award-winning comedy, opera star Tito Merelli, arrives late to perform in Otello. This madcap musical will leave you screaming with laughter. An Italian feast nearby.

Saturday, March 2 \$162

Longwood Gardens We'll visit the palatial conservatory at Longwood to enjoy multitudes of rainbow-hued tulips, wisteria, and magnolias. At the Barnes Foundation, we'll take a guided tour through an unparalleled Impressionist art collection, with 60 Matisse and 181 Renoirs, at its spectacular Philadelphia facility. Wed. & Thur., Apr. 24 & 25 Single \$430 Double \$300/pers

"Guys and Dolls" This Westchester Broadway Theatre tale is full of unforgettable characters - Nathan Detroit, Miss Adelaide, Sergeant Sara Brown, and gambler Sky Masterson. With Frank Loesser's music/lyrics, we've got a memorable musical, including "Sit Down, You're Rocking the Boat".

Sunday, April 28 \$135

"Good News" at Goodspeed Opera House in E. Haddam, CT This musical-comedy is set in the roaring 20's when football was king. Star player Tom Marlowe, with the help of his tutor Connie, must pass his exam so he can play in Saturday's "big" game.

Wednesday, June 12 \$143

"Newsies" This fast-paced 2-time Tony Award winning Broadway musical was inspired by the real-life Newsboys strike of 1899. Set in NYC, this is the tale of an unlikely band of underdogs, who take on titans Joseph Pulitzer and William Randolph Hearst in a fight for justice and fair play.

Wednesday, June 26 \$172

To receive the complete brochure, call Jill Meyer at 203-226-4310 or e-mail her at jill@awayfortheday.net

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

Richard Nathan

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

Monday 1 Night \$55.00
March 18 6:00 - 7:45 Room A-5

Entrepreneurship 0030

Beverly Nathan

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

Monday 1 Night \$55.00
March 18 7:45 - 9:30 Room A-4



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

Rick Nathan

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

Monday 1 Night \$55.00
March 18 7:45 - 9:30 Room A-5
How To Drastically 0032

Cut Costs

In Difficult Financial Times

Beverly Nathan

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you can lose your job, and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail and money saving web sites will be discussed. Optional Material Fee \$20.00.

Monday 1 Night \$55.00
March 18 6:00 - 7:45 Room A-4

FITNESS & SPORTS

Pilates 0033

Linda Turiano

Pilates will help flatten your tummy, streamline your body, improve your posture, decrease or eliminate back pain, create body awareness and improve flexibility. The focus of Pilates is working from “the inside out” meaning Pilates trains the deeper, more stabilizing muscles of the spine and abdominal wall. Some movements may resemble Yoga, however, Pilates is a movement system-it is not static and postures are not held. Wear comfortable workout clothing; bring a floor mat, water, and hand weights that we will incorporate at the end of each class. Mats will be available for purchase \$25.00 at the first class.

Mondays	16 Weeks	\$240.00
January 14	6:00 - 7:15	Media Center

Pilates Using Stability Ball and Ring 0034

Linda Turiano

Pilates Magic Circle is a flexible ring 13” in diameter. The “Circle” is used to provide resistance with various Pilate’s exercises. A unique exercise method for building long, sculpted muscles, a strong back and abdominal core. See “Pilates” Mondays Class for additional information. Wear comfortable workout clothing; bring a floor mat, (not a Yoga mat) and water to hydrate. Mats, Magic Circle and Balls will be available for purchase at the first class. Please inform the Continuing Education Office if you will be purchasing any of these items. Mats will be available for purchase \$25.00 and \$28.00 for the stability ball at the first class.

Wednesdays	16 Weeks	\$240.00
January 16	6:15 - 7:15	Media Center

Traditional Chinese Internal Healing Exercises “The Tao of Revitalization” 0035

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	6 Weeks	\$85.00
January 15	7:00 - 8:30	Media Center

Beginner/Refresher Tennis 0036

Marcy’s Tennis Academy, LLC

Thinking of learning to play the great game of tennis? Have you played tennis in the past and took some time off? Now is the time to return and refresh your tennis skills! Learn to play tennis with Marcy’s Tennis Academy who has taught the lifetime sport of tennis to all ages in Connecticut for over 17 years. We will teach you the forehand, backhand, volleys, serve and overhead smash in a fun-filled atmosphere. Practice your tennis skills with drills and game-based instruction. We will bring the tennis balls and the equipment necessary for you to succeed. All you have to bring is your tennis racquet, comfortable sneakers and your enthusiasm. Join us and have a ball! **Must be 16 years or older.**

Mondays	6 Weeks	\$110.00
January 28	7:00 - 8:30	Booth Hill School

HEALTH

Nutrition Class 0042

Laura Siebold

Laura Siebold is a clinical nutritionist in Trumbull.

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

Mondays 2 Weeks \$40.00
April 22 7:00 - 8:30 Room A-7

Live Your Life Not Your Diet 0043

Annette Alfieri

Annette Alfieri is the founder and creator of Lighten Up! Weight Loss. Annette is a clinical nutritionist and wellness coach in Fairfield, who specializes in weight loss and overcoming weight loss resistance.

Thinking about food 24/7? Have you given up on ever losing weight? It's time to consider a different approach because weight loss is NOT just about the food. We will look at the effects of sleep, stress, toxins, hydration levels and even how you eat and why. Weigh-in and free Total Metabolic Testing done on each participant.

Monday 1 Night \$25.00
March 11 7:00 - 8:30 Room A-5

Weight Loss After 40 0044

Annette Alfieri

Gaining weight after 40 is not an inevitable part of the aging process. Learn the real reasons we gain weight (hint: it's not just about the food). You can avoid the gain, maintain a healthy weight, and lose the pounds, just by changing your habits and your mindset.

Monday 1 Night \$25.00
March 18 7:00 - 8:30 Room A-7

LANGUAGE

Italian Travel 0045

Sara Dean

A good mini course for those who plan to visit Italy. Join us for this unique opportunity to learn valuable travel tips, information about Italian culture, geography and history as well as very basic Italian vocabulary, which will help you to communicate the essentials and have you feeling more confident when you arrive in Italy.

Mondays 4 Weeks \$55.00
January 28 7:00 - 9:00 Room A-7

Italian - Beginner 0046

Sara Dean

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

Tuesdays 10 weeks \$135.00
January 22 7:00 - 9:00 Room A-7

Portuguese 0047

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. Come join this fun class with an excellent, dynamic teacher and learn something new.

Mondays 12 Weeks \$145.00
January 28 6:30 - 8:30 Room A-8

Spanish-Beginner 0048

Virginia Dileo

Learn to communicate in Spanish. Spanish is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. And, in this difficult job market, any tool that can give an edge is worth investing time in. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. Spanish is not a difficult language to learn. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations. Come join this fun and lively class. According to students who have taken this class, the teacher is dynamic, enthusiastic and excellent. You won't be disappointed!

Tuesdays 12 Weeks \$145.00
January 22 5:30 - 7:30 Room A-6

Conversational Spanish 0049

Virginia Dileo

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

Tuesdays 12 Weeks \$145.00
January 22 7:30 - 9:30 Room A-6



Beginner Bridge 0050 Club

Maureen Gordon and Gaile D'Elia

If you took our beginner bridge class and would like to use your skills...this may be for you. Make up a table or come and meet new people.

Tuesdays 4 Weeks \$45.00
January 29 7:00 - 9:00 Media Center

Basic Digital 0051 Camera Operations

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

Tuesdays 6 Weeks \$85.00
March 5 7:00 - 9:00 Room A-4

The Conscious Heart 0052

Bruce Zboray

Seat of wisdom, pathway to awakening, big fractal magnet - learn what science and mystics say about the heart. Learn how to move your awareness into your heart center to be happier, healthier, calmer, and more intuitive. We'll discuss the Schumann frequency, studies at the Heartmath Institute, centering meditation, social coherence, and the power of positive thought and emotions.

Wednesday 1 Night \$20.00
March 20 6:00 - 7:30 Room A-6



You're On The Air- 0053 How To Really Make It In Voice-Overs

Steven Wahlberg

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Rob Scigliompaglia, a successful voice-over artist, will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. He will discuss the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording and best of all, hear the results!

Wednesday 1 Night \$50.00
April 10 6:30 - 8:30 A - 7



M.O.R.E. - Motivation, Occupation, Recreation And Education

Rosemarie Derrig

The mission is to promote and enhance the well being of people with disabilities, and their families, by providing life skills, continuing education, nutrition, physical fitness training, and social recreational activities in community life. This course is open to all present Special Education students of middle school age and older. Former Special Education students, and other young adults with disabilities from Fairfield County area can attend. To register and make payment, call Rosemarie Derrig at 459-0034.

Fridays \$40.00
January 25 7:00 - 9:30 Jane Ryan School

How to Pair Food 0054 and Wine

Bernard Klem

Now retired after a long career in editing, writing, graphic design, and commercial photography, Bernard has written two books on wine and is considering a third one (this one on pairing food and wine) He holds a Master's degree from Columbia in international affairs.

You've planned the perfect meal with one of your famous entrées; now, what wine to serve? You're invited to dinner at a friend's house; what wine to bring? You're in a nice restaurant and everybody at the table is ordering different dishes; which wine or wines to serve? These are only some of the questions that will be answered during this course for people who like to cook and eat and drink wine. Pairing food and wine is not rocket science...just some common sense plus some sound advice from a published writer of wine books.

Tuesdays 4 Weeks \$45.00
February 5 7:30 - 9:30 Room A-10



Extreme Couponing 0055

Elizabeth Lahens

Do you want to learn how they do it? Well, now you can!!! Elizabeth has gotten a \$375 grocery bill down to ZERO with coupons and you can do it too!!! In this class you will be taught how to drastically save on chicken, beef, seafood, dairy, ice cream, organic food, fresh fruit and veggies, back to school items, household goods, clothing, office supplies and MORE! Come and learn the tricks of the trade and start saving your hard earned money today!!! You will be given a reusable gift bag, a non-perishable food item or health & beauty item, a handout and there will even be a raffle of several items! As a suggestion, please bring to this event one or more non-perishable food item(s) to be donated to the local food pantry. Most food pantries are struggling and donations are down more now than in recent years. Your help is greatly appreciated.

Tuesday 1 Night \$30.00
February 5 7:00 - 9:30 Room A-5

If You Always Wanted To Write 0056

Tina DeMarco

.If you always wanted to write ...but didn't know where to begin, this class is for you. This workshop covers the basic elements of writing, whether it be fiction or non fiction, essay or memoir, short story or novel. Plot, narrative voice, point of view, dialogue, setting are just a few of the elements we'll cover. We'll also use a series of homework prompts and exercises to help make your work come alive on the page. You will be given plenty of writing craft handouts and share your work in a safe and supportive environment. The passion of telling your story as no one else can, staying motivated and what to do when you get stuck are just some of the tools you'll come away with. You will be inspired, gain confidence and learn basic skills to move forward on the writer's path.

Tuesdays 8 Weeks \$70.00
January 22 7:00 - 9:00 Room A-12

Extreme Couponing 0055-2

Wednesday 1 Night \$30.00
March 27 7:00 - 9:30 Room A - 5

Trumbull Counseling Center

*A family therapy agency for
Trumbull residents*

**121 Old Mine Road
Trumbull, CT 06611
203-261-5110**

The Counseling Center is a service of the Town of Trumbull providing confidential counseling services on a sliding fee scale. We also provide crisis intervention, programs for youth, community education, information and referral services. Our staff is comprised of caring and competent professionals.

Robin Bieber, M.S.
Victor Olsen, M.A.
Licensed Marriage and Family Therapists

Introduction To 0057 Myers Briggs (STEP I)

*Sue Ennis, MS, MBA, and Certified Myers
Briggs Practitioner*

Identify your natural strengths, how to use them and understand how others may differ. Over the past 50 years, the Myers' Briggs Type Indicator has helped millions of people gain insights about themselves and how they interact with others including improvements in: communicating clearly and easily, determining "best fit" career paths, resolving conflict and creating action plans, handling stress and decreasing triggers, improving performance – personal and work related. Material fee \$36.00 payable to the instructor.

**Wednesday 4 Weeks \$85.00
March 20 7:30 - 8:30 Room A-4**

Introduction to Family 0058 History and Genealogy

Paul Ramirez

Interested in exploring and recording the history of your family origins but not sure how or where to begin? This course will provide you with the grounding you need to get started. Topics to be covered will include where and how to look for information, proper documentation of findings, accessing information from public records, libraries, parish records and the internet, how to create a family tree to share with others, understanding the value and use of DNA evidence of ancestry, how to include photos in family history displays, and, for those interested in use of software, how to decide which options would best suit your needs and skill level. A number of tools and templates for gathering and documenting information will be provided, along with a collection of categorized resources. Class limit is 8.

**Wednesdays 6 Weeks \$75.00
January 16 6:30 – 9:00 Room A-7**

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Long Hill Administration
Building
6254 Main Street
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Finding A Job That Is Right For You 0059

Holly Heaven

Finding a job today is complicated and frustrating. Many people take whatever job they can get because they don't know what job they want or how to get the job they want. Join Holly Heaven, a Certified Career management Coach, for tips on identifying your best fit career, developing a job search strategy, and writing a winning resume.

Mondays **2 Weeks** **\$45.00**
April 22 **7:00 -9:00** **Room A-12**

*Want To Share
Your Knowledge?*

*Come Join The
Trumbull Continuing Edu-
cation Team To Share With
Others Your Special
Interests.
Call 203- 452-4554 For More
Information.*

TECHNOLOGY

Getting To Know Your Computer - Beginners 0060

Gary Koos

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

Class limit is 12.

Thursdays **3 Weeks** **\$110.00**
January 24 **6:30 - 9:00** **Room A-16**

*Watch for the
Summer
Explorations
coming in March
2013!*



Getting To Know Your Computer - Intermediate

Gary Koos

Participants will learn the fundamentals of the Windows Operating System including how to launch applications and tools, manage/organize files and folders with Windows Explorer, and use My Computer and the Control Panel to configure Windows. The class will also cover how to add hardware devices such as printers and scanners and how to control them. You will also learn to use several of Windows's built-in accessories and system maintenance tools

Class limit is 12.

Thursdays 3 Weeks \$140.00
March 7 6:30 - 9:00 Room A-16

Introduction To Microsoft Word 2007

Gary Koos

This class will introduce computerized word processing using Microsoft Word 2007. The basics of word processing will be covered including the following topics: keyboard basics and shortcuts, opening and saving files, the use of fonts, styles, sizes, colors, cut, copy, paste, bullets and numbering, page setup, printing, and other introductory topics. Students will practice these skills by composing a personal and a business letter.

Class limit is 12.

Mondays 3 Weeks \$110.00
January 28 6:30 - 9:00 Room A-16

Intermediate Microsoft Word 2007

Gary Koos

Prerequisite: MS Word

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

Class limit is 12.

Mondays 3 Weeks \$110.00
March 4 6:30 - 9:00 Room A-16

Introduction To Excel 2007

Gary Koos

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

Wednesdays 3 Weeks \$110.00
January 23 6:30 - 9:00 Room A-16

Intermediate Excel 2007

Gary Koos

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

Wednesdays 3 Weeks \$110.00
February 27 6:30 - 9:00 Room A-16



Quickbooks For Beginners

Gary Koos

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

Mondays 4 Weeks \$120.00
March 25 6:30 - 9:00 Room A-16

0066

eBay How-To Buy And Sell OnLine

Gary Koos

Learn the ins and outs of online buying and selling; how-to become an eBay seller, what it costs, how to protect your personal information, how-to price and list your item, how to handle payments and shipping and how-to complete the sale. A real 5 day auction to sell class members items will be created during the second class and the results reviewed in the third class.

Class limit is 12.

Wednesdays 3 Weeks \$110.00
March 27 6:30 - 9:00 Room A-16

Adobe Photoshop CS3

Gary Koos

Would you like to be able to edit, clean up, and alter your photos but you don't have a lot of graphic experience? This introductory course will teach you how to use Adobe Photoshop CS3, the industry standard.

Learn how to eliminate red eye, edit colors, effects, textures, combine photos and work with masks and layers and much more.

You will leave with the ability to finally enjoy using this amazing tool!

Thursdays 5 Weeks \$130.00
March 28 6:30 - 9:30 Room A-16

0067

Introduction To Powerpoint 2007

Gary Koos

Prerequisites: Basic computer and Microsoft Software skills

This class will cover the basic features of PowerPoint required to create a presentation, including creating and editing text and photo slides, installing themes, adding graphics, sounds, transitions and charts to slide presentations.

Mondays 3 Weeks \$110.00
May 6 6:30 - 9:30 Room A -16

0069



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 available in school store 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 2012-2013

Preschool Program.

The 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 452-4422 for more information.

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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
or EMAIL decerbor@trumbullps.org

WE WELCOME ALL SUGGESTIONS AND COMMENTS
PEOPLE HELPING PEOPLE!

THANK YOU FOR ALL YOUR SUPPORT!

