Residents may take courses at any location.

Site Locations

Litchfield, EdAdvance (Site and Main Office)
355 Goshen Road • P.O. Box 909
Litchfield 06759-0909
Gina Martelli, Program Associate
martelli@edadvance.org
860.567.0863 or 1.800.300.4781
Sonja Selenica, Site Coordinator
860.483.8590
Mon - Fri • 8:30 a.m. - 4:30 p.m.

Falls Village (Region 1)
Housatonic Valley Regional High School
246 Warren Turnpike Road
Falls Village 06031
Noel Ambery, Site Coordinator
ambery@edadvance.org
860.307.5631
Mon & Wed • 5:30 p.m. - 8:30 p.m.

Winsted (Region 7)
Northwestern Regional High School
100 Battistoni Drive, Lower Level
Winsted 06098-1889
Tina Salius, Site Coordinator
salius@edadvance.org
860.379.8525, Ext 2630
Tues & Thurs • 6:00 p.m. - 8:30 p.m.

Woodbury (Region 14)
Woodbury Middle School
67 Washington Avenue
Woodbury 06798
Maria Alicia Azar, Site Coordinator
azar@edadvance.org 860.631.7705
Mon & Wed • 6:00 p.m. - 8:30 p.m.

Southbury (Region 15)
Pomperaug High School
234 Judd Road
Southbury 06488
Maria Alicia Azar, Site Coordinator
azar@edadvance.org 860.631.7705
Mon - Wed • 6:00 p.m. - 8:30 p.m.

Watertown
Watertown High School
324 French Street
Watertown 06795
Chris Fahy, Site Coordinator
fahy@edadvance.org
203.806.0077
Mon, Tues & Wed • 4:00 p.m. - 8:30 p.m.

Torrington
Torrington High School
50 Major Besse Drive
Torrington 06790
Patricia Conroy, Site Coordinator
conroy@edadvance.org
860.489.5073
Mon - Wed • 4:00 p.m. - 8:30 p.m.

Steps at East School
215 Hogan Drive
Torrington, CT 06790

Vogel-Wetmore School (ESL only)
68 Church Street
Torrington 06790
Mary Melaragno, ELA Coordinator
melaragno@edadvance.org
860.482.3987
Mon & Wed • 5:30 p.m. - 8:30 p.m.

American Job Center
59 Field Street
Torrington, CT 06790
860.496.3500

Southbury Library
100 Poverty Rd
Southbury, CT 06488

CALL 1.800.300.4781 for more information on any of these site locations.
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<td>Housatonic Valley RegHS, Falls Village</td>
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<td>Pomperaug HS, Southbury</td>
<td>25 &amp; 26</td>
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<td>Torrington HS, Torrington</td>
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<td>Woodbury MS, Woodbury</td>
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</table>

*MASKS are required for all in person classes regardless of vaccination status*

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Please register early to prevent cancellations!!
Register online at www.edadvance.org/registration
Call if you need a registration form 1.800.300.4781

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### FOOTHILLS PARTICIPATING DISTRICTS

<table>
<thead>
<tr>
<th>Region 1</th>
<th>Region 6</th>
<th>Region 7</th>
<th>Region 14</th>
<th>Region 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canaan</td>
<td>Goshen</td>
<td>Barkhamsted</td>
<td>Bethlehem</td>
<td>Middlebury</td>
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<tr>
<td>Cornwall</td>
<td>Morris</td>
<td>Colebrook</td>
<td>Woodbury</td>
<td>Southbury</td>
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<tr>
<td>Kent</td>
<td>Warren</td>
<td>New Hartford</td>
<td></td>
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<tr>
<td>North Canaan</td>
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<td>Norfolk</td>
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<td>Salisbury</td>
<td></td>
<td>Winchester/</td>
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</tr>
<tr>
<td>Sharon</td>
<td></td>
<td>Winsted</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*FOOTHILLS PARTICIPATING DISTRICTS*

Hartland
Litchfield
Plymouth
Sherman
Thomaston
Torrington
Watertown
EdAdvance

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*Please register early to prevent cancellations!!
Register online at www.edadvance.org/registration
Call if you need a registration form 1.800.300.4781*
MANDATED CLASS REGISTRATION

We offer instructional classes in:

- Citizenship
- English as a Second Language (ESL)
- High School Completion (GED)
- High School Credit Diploma (CDP)
- National External Diploma (NEDP)
- Pre-GED (Math & Reading) Skills

*Masks are required for all IN PERSON classes regardless of vaccination status*

IN PERSON REGISTRATION

Go to the location where you want to attend class at the time listed in the catalog.

If you cannot make it at the time listed, don’t worry, we have open registration.

You can register at the site on any of the days and times listed for the class you wish to attend.

Plan to spend about 90 minutes completing the Student Registration Form and taking your placement test. (GED students 2 hours)

Registration Forms are available in English, Spanish, Portuguese, and Arabic.

ONLINE REGISTRATION

Those interested in signing up for online classes may use the EdAdvance online registration system (see more details page 3).

Our registration system can be accessed with a computer, laptop, tablet, or Smartphone and a stable Internet connection.

NOTE: All students will be asked to provide their Social Security Number when they register for classes. If you do not have a Social Security Number, you are still allowed to take classes, however, this information helps our program to track post-secondary enrollment in college or career training and employment when you leave our program.

Our state and federal funding requires that adult education programs provide this data on student outcomes. **Without this funding, we would not be able to offer classes for free.**
ONLINE Registration Directions

Students may use the EdAdvance online registration system, CourseStorm, to register for online or in-person classes. Anyone who registers online will need to schedule an appointment for pre-testing using the link provided on the registration receipt for remote testing or test in person at one of our sites before starting class.

No one may begin in-person or online classes until they have taken a pre-test.

1. On your computer, laptop, tablet, or Smartphone, go to www.edadvance.org/registration
2. Click on Adult Education Classes, scroll down to Browse By Classes.
3. Choose between High School Completion (Pre-GED, GED, CDP) or ESL/Citizenship.
4. Look carefully at the choices, note different LOCATIONS, DAYS, & TIMES for in-person and DAYS/TIMES for online classes. Be sure to pick the one you wish to attend. Your class assignment may change based on the results of your placement test, so you get the level of instruction best matched to your learning needs.
5. Complete all the fields on the registration form.
6. When completed, you will be emailed a registration confirmation.
7. Be sure to click on the link in your confirmation email that says, “Schedule your Pre-test”. You will be redirected to another page to select a location, date, and time to test or select the remote testing option.
8. If you selected an in-person class, report to the site location on the date listed in the catalog. If you selected an online class, you will be emailed a class access code as soon as you complete your pre-test. You will receive a call from our office to confirm your registration information.

Note: if you have used the EdAdvance CourseStorm registration system before, the system will have your information stored by your email address. If you have had changes to your information, be sure to update your profile.

Please continue to check the email account that you used to register for communication or information. Also check your spam or junk mail folders if you do not get a registration confirmation email.
ENGLISH AS A SECOND LANGUAGE

INFORMATION

All native languages are welcome!

Want to learn English or improve your English language skills?

FREE classes cover reading, writing, speaking and listening. You will learn communication skills, English for daily living, grammar, American culture, career awareness, and job readiness skills. Students will have the chance to learn basic computer skills and use technology in their learning.

¿Quiere aprender inglés o mejorar sus habilidades en el idioma inglés? Las clases GRATUITAS cubren lectura, escritura, conversación y comprensión auditiva. Aprenderá habilidades de comunicación, inglés para la vida diaria, gramática, cultura estadounidense, conciencia profesional y habilidades de preparación para el trabajo. Los estudiantes tendrán la oportunidad de aprender habilidades básicas de computación y utilizar la tecnología en su aprendizaje.

United States Citizenship Classes

Citizenship classes help you to prepare to take the Naturalization Interview and Test. You will learn about American history and government and practice your ability to read, write, and speak basic English. Your instructor will help you to understand the process for applying for citizenship. Classes are FREE.

In compliance with Connecticut General Statutes Sec. 10-71c, EdAdvance does not charge a fee for any textbooks or materials used in English Language or Citizenship/Americanization program areas.
ESL & CITIZENSHIP CLASS MEETING TIMES

**English as a Second Language**

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Class Time</th>
<th>Registration and Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housatonic Valley Regional High School, Falls Village</td>
<td>Mondays &amp; Wednesdays 6:00-8:00 PM</td>
<td>Register Sept 13 Start Sept 20</td>
</tr>
<tr>
<td>Northwestern Regional High School, Winsted</td>
<td>Tuesdays &amp; Thursdays 6:00-8:00 PM</td>
<td>Register Sept 14, 16 Start Sept 21</td>
</tr>
<tr>
<td>Southbury Library</td>
<td>Tuesdays &amp; Thursdays 9:30-11:30 AM</td>
<td>Register Sept 14 Start Sept 21</td>
</tr>
<tr>
<td>Torrington: Steps at East School</td>
<td>Mondays &amp; Wednesdays 9:30-11:30 AM</td>
<td>Register Sept 13, 15 Start Sept 20</td>
</tr>
<tr>
<td>Torrington: Vogel-Wetmore School</td>
<td>Mondays &amp; Wednesdays 6:00-8:00 PM</td>
<td>Register Sept 13, 15 Start Sept 20</td>
</tr>
<tr>
<td>Watertown High School</td>
<td>Mondays &amp; Wednesdays 6:00-8:00 PM</td>
<td>Register Sept 13, 15 Start Sept 20</td>
</tr>
<tr>
<td>Woodbury Middle School</td>
<td>Mondays &amp; Wednesdays 6:30-8:30 PM</td>
<td>Register Sept 15 Start Sept 20</td>
</tr>
<tr>
<td>ONLINE</td>
<td>Tuesdays &amp; Thursdays 9:30-11:30 AM</td>
<td>Registration Opens Sept 1 Start Sept 21</td>
</tr>
<tr>
<td>ONLINE</td>
<td>Tuesdays &amp; Thursdays 6:30-8:30 PM</td>
<td>Registration Opens Sept 1 Start Sept 21</td>
</tr>
</tbody>
</table>

Please note classes are no longer offered at Center Congregational Church in Torrington

*Masks are required for all IN PERSON classes regardless of vaccination status*

**Citizenship Classes**

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Class Time</th>
<th>Registration and Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwestern Regional High School, Winsted</td>
<td>Thursdays 6:00-8:00 PM</td>
<td>Register Sept 16 Starts Sept 23</td>
</tr>
<tr>
<td>Torrington High School, Torrington</td>
<td>Tuesdays 6:00-8:00 PM</td>
<td>Register Sept 14 Starts Sept 21</td>
</tr>
<tr>
<td>ONLINE</td>
<td>Wednesdays 1:00-3:00 PM</td>
<td>Registration Opens Sept 1 Starts Sept 22</td>
</tr>
</tbody>
</table>

If you miss the in-person registration date, just go to the site on the day and time of the class that you want to attend-open registration or register online for in person or online classes.

You will not be able to start classes until you register and pre-test.
FREE CLASSES
GED® Exam Information

Earn Your High School Diploma

For test takers 17 or 18 years old: Connecticut General Statutes, Section 10-5(a) require that individuals who are either 17 or 18 years old at the time of GED® registration must document that they have been officially withdrawn from high school for at least six months. Individuals 17 years old must submit a withdrawal form dated on or after their 17th birthday with parent/guardian and school administrator signatures. Individuals who are 18 may submit, instead of a withdrawal form, a letter from the last high school attended stating that the class with which they entered ninth grade has already graduated (or would have graduated if the student never entered high school). Testing is free.

For test takers 21 years old or older: All test takers who are 21 years of age or older and a non-veteran must pay a one-time $13 registration fee to take the GED® tests. Veterans are free. This fee includes all four subject exams, any exam retakes if necessary, and the cost of issuing a diploma upon the successful completion of all four parts of the test.

Step 1: Create an account. Go to www.ged.com and click the “Sign Up” link

Step 2: Contact the EdAdvance Adult Ed office (860-567-0863) to speak to our GED Registrar or school counselor. Connecticut policy requires all GED® test takers to be counseled about their options for high school completion.

Step 3: Assess your readiness to test. The State Department of Education currently requires that you take and pass all four subject areas of the GED Ready Practice Test®, the official prerequisite for the GED® exam. EdAdvance can help you by providing two free subject area testing vouchers each semester if you are enrolled in our prep classes. Additional practice tests can be purchased through the www.ged.com website.

Step 4: Study. Sign up for convenient, FREE local classes at one of the EdAdvance program locations to review. Online classes are available.

Step 5: Request a release for testing. Contact the EdAdvance office for directions on how to get the “red bar” removed from your GED account by the State Department of Education so that you can register online for GED subject tests at the site of your choice. Test candidates may also contact the CT State GED administrator at GED@ct.gov or at 860.807.2110 with questions.

Step 6: Schedule your tests! The EdAdvance testing center at 355 Goshen Road in Litchfield is one of several convenient locations where you can test. See the ged.com website to register. Dates at our site include:

- September 8, 14, 22, 28
- October 5, 13, 19, 27
- November 2, 10, 16, 23
- December 1, 8, 14, 22

Additional dates will be available in Spring 2022

GED® Testing Accommodations:
Accommodations for the GED® are available for qualified individuals with a documented disability. Information about requesting accommodations is available on the GED FAQs page or contact Foothills Program Facilitator Margot Snellback (GED Registrar) or Foothills Regional Director Susan Domanico (Disability Contact Person) at 1.800.300.4781. Inquiries may also be directed to Sabrina Mancini, CT State Department of Education at 860.807.2110.
## CLASS MEETING TIME (GED® & Pre-GED®)

### GED® Preparation Classes

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Class Time</th>
<th>Registration &amp; Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housatonic Valley Regional HS, Falls Village</td>
<td>Monday &amp; Wednesdays 6:00-8:00 PM</td>
<td>Register Sept 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>Northwestern Regional HS, Winsted</td>
<td>Tuesdays &amp; Thursdays 6:00-8:00 PM</td>
<td>Register Sept 14, 16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 21</td>
</tr>
<tr>
<td>Torrington: Steps at East School, 215 Hogan Drive</td>
<td>Mondays &amp; Wednesdays 9:00-11:00 AM</td>
<td>Register Sept 13, 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>Torrington: American Job Center, 59 Field St.</td>
<td>Mondays &amp; Wednesdays 1:00-3:00 PM</td>
<td>Register Sept 13, 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>Torrington High School</td>
<td>Mondays - Math/Science Wednesdays - English / SS 6:00-8:00 PM</td>
<td>Register Sept 13, 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>Watertown High School</td>
<td>Mondays &amp; Wednesdays 6:30-8:30 PM</td>
<td>Register Sept 13, 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>Woodbury Middle School</td>
<td>Monday &amp; Wednesdays 6:00-8:00 PM</td>
<td>Register Sept 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>ONLINE</td>
<td>Tues &amp; Thurs 9:30-11:30 AM or 6:30-8:30 PM</td>
<td>Registration Opens Sept 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 21</td>
</tr>
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</table>

### Pre-GED® (Reading and Math review)

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Class Time</th>
<th>Registration &amp; Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Torrington High School</td>
<td>Tuesdays 6:30-8:30 PM</td>
<td>Registration Sept 14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 21</td>
</tr>
<tr>
<td>Watertown High School</td>
<td>Mondays 6:30-8:30 PM</td>
<td>Registration Sept 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 20</td>
</tr>
<tr>
<td>ONLINE</td>
<td>Wednesdays 6:30-8:30 PM</td>
<td>Registration Opens Sept 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start Sept 23</td>
</tr>
</tbody>
</table>

*Masks are required for all IN PERSON classes regardless of vaccination status*

If you miss the in-person registration date, just go to the site on the day and time of the class that you want to attend-open registration or register online for in person or online classes.

You will not be able to start classes until you register and pre-test.
EdAdvance offers **three pathways to a high school diploma**

**Earn Your High School Diploma (FREE): National External Diploma Program (NEDP)**

NEDP® is a flexible, self-directed, online program that allows adults with life and work experience to demonstrate skills that they have learned which are equivalent to a high school education. This program is suited for adults for whom attending a regular class would be difficult because of other commitments. Clients meet periodically with an advisor for feedback and assessment to complete tasks to document their competency. You must pass a diagnostic assessment demonstrating 9th grade math, reading, and writing skills to enter the program. If you do not score high enough, you will be referred to pre-GED or GED classes for instruction before testing again.

Visit [https://www.casas.org/nedp](https://www.casas.org/nedp) and call 860.567.0863 x1133 to get more information about this program.

**Earn Your High School Diploma (FREE): Adult High School Credit Diploma (CDP)**

Do you have credits that you earned in high school? This is a program for adults who want to earn a diploma by attending evening classes or taking classes online to earn credits. Credit can be given for qualifying work or military experience. Students select English, Math, Science, Social Studies and elective classes to earn the 23 credits needed to graduate. Online classes are offered through Connecticut Adult Virtual High School. Evening classes are offered at

- Torrington High School (5:00-7:00 PM and 7:15-9:15 PM)
- Watertown High School (5:00-7:00 PM and 7:15-9:15 PM)

An appointment is required with our school counselor to develop a graduation plan. Call 860.567.0863 x 1133 to schedule a time. Students will need a copy of their high school transcript (contact your most recent high school guidance office if necessary) and to provide their Social Security number. Students who are 17-18 years old will need to present a copy of their official high school withdrawal form with parent/guardian and administrative signature. Allow an hour for a registration appointment. Call before August 25th to start in the fall semester.

**Classes start in Torrington and Watertown on Monday, August 30, 2021**

Attendance is mandatory at each class

**Earn Your High School Diploma (FREE): General Education Development (GED)**

See detailed information about GED on the previous page. GED® is the most well-known of the high school completion alternatives, GED requires you to pass high school level subject tests in Language Arts, Math, Social Studies, and Science.
# CLASSES OFFERED AT EACH SITE

<table>
<thead>
<tr>
<th>Site</th>
<th>Skills (Pre-GED)</th>
<th>English</th>
<th>Citizenship</th>
<th>GED Prep</th>
<th>Credit Diploma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housatonic Valley Reg. HS, Falls Village</td>
<td></td>
<td>Mon/Wed 6:00-8:00 PM</td>
<td>All subjects Mon/Wed 6:00-8:00PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southbury Library, Southbury</td>
<td></td>
<td>Tues/Thurs 9:30 -11:30 AM</td>
<td></td>
<td>All subjects Mon/Wed 1:00-3:00 PM</td>
<td></td>
</tr>
<tr>
<td>American Job Center, Torrington</td>
<td></td>
<td>Mon/Wed 9:30-11:30 AM</td>
<td>Mon/Wed 9:00-11:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steps @ East School, 2nd floor Torrington</td>
<td></td>
<td>Mon/Wed 9:00-11:00 AM</td>
<td>Mon/Wed 9:00-11:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Torrington HS, Torrington</td>
<td>Tues 6:30-8:30 PM</td>
<td>Tues 6:00-8:00 PM</td>
<td>Mon: Math/Science Wed: English/Social Studies</td>
<td>Mon/Tues/Wed 5:00-7:00 PM 7:00 - 9:00 PM</td>
<td></td>
</tr>
<tr>
<td>Vogel-Wetmore School, Torrington</td>
<td>Mon/Wed 6:00-8:00 PM</td>
<td></td>
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<td>Northwestern Regional HS, Winsted</td>
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<td>May use hybrid model to meet Thursdays or Snow days</td>
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<td>Woodbury Middle School, Woodbury</td>
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<td>ONLINE</td>
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<td>Tues/Thurs 9:30-11:30 AM or 6:30-8:30 PM Wed 1:00-3:00 PM</td>
<td>Tues/Thurs 9:30-11:30 AM or 6:30-8:30 PM</td>
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<td>1.800.300.4781 or 860.567.0863</td>
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CERTIFIED NURSE AIDE TRAINING
Learn the skills that will allow you to become a Certified Nurse Aide (CNA). Our 100-hour program consists of 52 hours of classroom time and 48 hours of clinical training. Completion will qualify you for the state certification examination (application fee included). PPD (Mantoux) and physical (within one year) are required prior to the first day of clinical. Call Foothills Adult Education 1.860.567.0863 ask for Margot Snellback ext. 1194 for more details. Note: For those who need recertification, call Prometric at 1.866.499.7485. Register at www.edadvance.org/registration, Adult Education Enrichment, CNA Training w/full payment.

DAY - 9 weeks
Oct 6 - Dec 9                         Wed/Thurs       $900*
8:30-2:30pm                           Class at EdAdvance
8:00-2:00pm                           Valerie Manor, Torrington

A schedule will be handed out on the first day of class.

EVENING - 11 weeks
Sept 29- Dec 16                        Wed/Thurs       $900*
5:00-9:00pm                           Class at EdAdvance
4:00-10:00pm                          Valerie Manor, Torrington

Pay in FULL online via Credit Card (no partial pays) OR
Call to register and use our Payment Schedule (pay via cash):
$300 non-refundable deposit due at registration
$300 due 1st night of class
$300 due 1 month after start date

*Tuition support may be available through WIOA (Workforce Innovation and Opportunity Act) funding. Call 860.496.3500 for more information. Many employers are offering tuition reimbursement and/or signing bonuses for C.N.A.'s!

FOOD SAFETY MANAGER CERTIFICATION
Do you want to become a Certified Food Operator? Take this intensive, one-day, 8-hour Food Safety Manager Certification course developed by the Educational Foundation of the National Restaurant Association, which is part of the Foundation’s ServSafe® risk management series. Successful completion of this course will earn you a food safety certification after passing a 90-question exam. Book is included in course fee and needs to be reviewed prior to class and will be mailed to students.

Register at www.edadvance.org/registration, Adult Education Enrichment

Sept 18                                Saturday  $225*
9:00am-5:00pm                          1 session

Oct 23                                 Saturday  $225*
9:00am-5:00pm                          1 session

Dec 4                                  Saturday  $225*
9:00am-5:00pm                          1 session

*Tuition support may be available through WIOA (Workforce Innovation and Opportunity Act) funding. Call 860.496.3500 for more information.
PARAPROFESSIONAL ASSESSMENT AT EDADVANCE, LITCHFIELD

PARAPROFESSIONAL ASSESSMENT EXAM
EdAdvance offers the online 2.5hr Paraprofessional Assessment Exam at our Litchfield Office, 355 Goshen Rd., Litchfield. *Masks are required for all IN PERSON testing regardless of vaccination status*

A paraprofessional needs to satisfy one of the following;
1.) An Associate Degree
2.) Two years of college.
3.) Demonstrate, through a state or local academic assessment (ParaPro), knowledge of, and the ability to assist in, the instruction of Math, Reading and Writing for grades K-12.

More detail about the assessment can be found by searching https://www.ets.org/parapro
EdAdvance cost is $85 (90 questions, multiple choice, on computer, no calculators, scrap paper/pencil provided). Dates are frequently added to our website.

Spots fill quickly! Recommended practice sites:
teacherstestprep.com, khanacademy.org

You must PAY online by MasterCard or Visa to be counted in the limited seats available.
For additional dates or questions contact
Linda Coscia x1126, Foothills Adult Education 1.800.300.4781 or 860.567.0863

Please register at www.edadvance.org/registration, Paraprofessional Assessment Exam

Due to COVID-19 health safety concerns, we are not hosting the following programs this FALL:

TRIPS & TOURS

Look for Excursions in Spring 2022!
Thank you for your patience and understanding.

This semester Foothills Adult Education will be offering classes in person at our sites. Please note that EdAdvance follows the guidelines of both the CDC and the State of Connecticut. If either recommends that it is not safe for any classes scheduled at that time to take place, we will either cancel the in person class or reschedule to a later date if that is an option.

Please know that EdAdvance will continue to take steps to protect our employees and students from the spread of COVID-19. We will follow the regulations of our host districts regarding face masks, sanitation, and distancing. Signage will be posted at each site regarding safeguards. If you are sick, please stay home.

If you have any questions, contact us at 1.800.300.4781 or adulted@edadvance.org
Ed2Go ONLINE LEARNING: Fundamentals

What is Ed2Go?

Ed2Go is an established online learning platform that is recognized by employers and certified by local educational partner institutions such as Northwest CT Community College and Tunxis Community College.

Courses are offered in:

- Arts & Design
- Business
- Computer Applications
- Computer Science
- Construction & Trades
- Health & Fitness
- Hospitality
- Information Technology
- Language
- Legal
- Math & Science
- Teacher Professional Development
- Test Prep
- Writing

Ed2Go offers Fundamentals level courses to gain new personal and professional skills.

Two ways to learn! In our instructor-led courses, you study and interact with a cohort over a six-week schedule. Courses start monthly with twice-weekly lesson plans. For the independent learner, our self-paced courses provide access to all lessons immediately with up to three months to complete. These are reasonably priced, short term classes to allow you to learn a specific topic or skill.

Here’s how to get started with Fundamentals:

1. Go to the online instruction center at https://www.ed2go.com/ftls
2. Scroll down to view all courses or the course categories to see available options
3. Browse through the courses and click on the course title for a description
4. Courses start as low as $29.95 with most at $99 or $115
5. Select your enrollment option and add to your cart
6. Follow the prompts to check out

Some popular courses;

- Speed Spanish
- Medical Terminology
- Computer Skills for the Workplace
- Start Your Own Small Business
- Digital Photography

Scholarships are available for active duty military spouses. Go to https://www.ed2go.com/mycaa for more details about the My Career Advancement Account Scholarship Program.
ED2GO ONLINE LEARNING: Career Training

Ed2Go has Advanced Career Training courses to prepare for your new career or a recognized certification.

These expert-developed courses offer a flexible way to learn. Open enrollments let you start any time. And with up to 18 months access, you can learn when it's convenient to you. Each course also comes with a dedicated Student Advisor, so you're supported throughout your learning journey. These classes run 6-8 weeks (with a 2 week grace period at the end). Classes include lessons, quizzes, hands-on assignments, discussions, supplemental links, and more. Many courses result in a recognized credential. Check with your industry to see if the course satisfies industry requirements. The classroom is available 24/7 on demand from any location for your convenience.

Here's how to access Advanced Career Training:
1. Go to the online instruction center at https://careertraining.ed2go.com/ftls
2. Select the program area of interest
3. Browse through the courses and click on the course title for a description
4. Click on Enroll Now and set up your account
5. Follow the prompts to check out

Courses vary in price

Some options include:

- Microsoft Certifications
- Lean Six Sigma
- Certified Indoor Air Quality Manager
- CBCS Certified Medical Admin Assist. w/ Billing & Coding
- Java, C#, HTML5
- Group Fitness Instructor
- Certified Wedding Planner

Scholarships are available for active duty military spouses. Go to https://www.ed2go.com/mycaa for more details about the My Career Advancement Account Scholarship Program.

Financial assistance may be available for career training courses. See https://www.ed2go.com/career/financial-assistance/ for more details.

Please note: Once the program curriculum is accessed online or through submission of a material shipment confirmation, REFUNDS CANNOT BE ISSUED.

Select Career Training Programs now include an optional externship following successful completion of your program, so you can obtain hands-on experience, bolster your resume, and break into your new career.

Your Virtual Career Center offers support and guidance in taking the next step after completing your Career Training Program. It allows you to access industry market data, current job opportunities, and so much more.
ONLINE ENRICHMENT CLASSES

Many of our popular general interest classes can now be accessed from the comfort of your home!

Arts & Crafts  Computers  Finance  Home Improvement
Languages  Music  Personal Development  Recreation & Leisure

Register online at [www.edadvance.org/registration](http://www.edadvance.org/registration) or call 800.300.4781

There is no in-person registration available at program sites or our main office. Credit card or mail in payments are accepted. Please be aware that our credit card company charges a non-refundable fee of $1.99 to process transactions. We cannot refund this fee if the class is cancelled. Credit card transactions will show on your credit card statement as "ED ADVANCE AE"

For the enjoyment of all, please respect these simple rules:
● Sign into class ready to learn
● Interact with the instructor and other participants respectfully
● Minimize distractions

After you have completed registration and submitted payment, you will receive an email directly from your instructor with instructions on how to access the class and other information about the class, such as supplies needed, if applicable. This will happen within 1 week before the class start date.

Please be sure to register with an email address that you check frequently and check your spam/junk folder if you do not receive a message before the day of the class.

Call our office at 800-300-4781 before 3:30pm if you do not receive class information by the day of the class.

Most, but not all, instructors use Zoom.
● Be sure to check the day and time of the class
● Check to be sure you have a stable internet connection
● Most devices can be used to connect to the class (desktop, laptop, iPad, Smartphone), preferably with a webcam or camera, speakers, and a microphone to participate fully
● Login into your class ahead of time in case you need to download an app to join the session. Most apps/downloads will prompt you through the process.
● Contact your instructor with any questions about the class or contact our main office with any questions about technology access BEFORE 3:30 PM. Our office closes at 4:30pm.

Additional information about using Zoom can be found at the Zoom Help Center: [https://support.zoom.us/hc/en-us/articles/206175806](https://support.zoom.us/hc/en-us/articles/206175806)
ARTS & CRAFTS

AMAZING ALCOHOL INKS: TECHNIQUES & PLAY
Learn and practice the different ways you can produce art using alcohol inks. Create sun catchers, flowers, landscapes, and abstract designs on tile, glass, or canvas. No previous experience is required. A suggested supply list will be mailed to you at least one week prior to class. F. Tway-Grant
Oct 12   Tuesday
6:30-8:30pm  2 sessions  $40

AUTUMN WATERCOLORS
Explore watercolor techniques for painting the rich colors of autumn. The course includes color mixing, brush strokes, and shading. Students will complete several small studies and a Fall foliage landscape painting. Materials needed: watercolor paper (9x12/11x14” good sizes), pencils, eraser; watercolors, brushes, paper towels, water rinse cup.
S. Kwashnak
Oct 4              Monday
6:30-8:30pm  4 sessions  $79

DRAWING BASICS
Learn techniques and methods for creating drawings including how to use values/shading. Students will create several small exercise studies and create a still life drawing of a piece of fruit. Materials needed: pencils, kneaded eraser, vinyl eraser, drawing paper (9x12/11x14” good sizes).
S. Kwashnak
Nov 23             Tuesday
6:30-8:30pm  2 sessions  $40

TWO CLASSES PRESENTED BY JESSICA BARTLETT

MAGICAL MATISSE
What do watercolors, salt, plastic wrap, and crayons have in common? You’ll find out in this super fun and magical collage composition inspired by Henri Matisse. Topics include an introduction to materials, basic paint handling skills, and the magical element of abstraction. All levels of experience are welcome.
J. Bartlett
Nov 1               Monday
6:00-8:00pm  1 session  $20

IRISH ADVENTURE
Travel through art! Be inspired by the landscape of rural Ireland and create a picture of bucolic tranquility. Students will learn basic watercolor techniques and get to travel from the comfort of their own homes. A sketchbook-scale copy of just the drawing will be sent out to students ahead of time to transfer. All levels of experience are welcome.
J. Bartlett
Oct 25             Monday
6:00-8:00pm  1 session  $20

IN THE STUDIO WITH BRENDA TATE PORTRAITS
Join award winning photographer Brenda Tate in her Watertown portrait studio and learn the basics of what it takes to start your own photography business. She will teach you what equipment you need, what kind of lighting you need, and how to bring all your talents into a photography business you can start today. This information can be applied to any photography business: wedding, family, portrait/headshots, newborn, maternity, etc. A love of photography is needed. Q & A will be available at the end. Specific camera types will not be covered. There are no product endorsements. Invitations to visit the studio will be provided when Covid-19 restrictions are lifted.
B. Tate
Sept 18           Saturday
1:00-4:00pm  1 session  $30

INTRODUCTION TO DOLL MAKING (NEW)
Have you ever held a cuddly doll in your hands? This workshop will teach you how to make a Waldorf-style doll with all-natural fibers, wool stuffing, and embroidered eyes and smile. Note: A supply list will be provided to students to be purchased directly from the instructor for approximately $80 two weeks prior to class. Doll clothing will not be included in this workshop.
D. Gosset
Oct 25            Monday
6:30-8:30pm  4 sessions  $79

ORIGAMI: AN INTRODUCTION
Students will learn how to fold traditional and modern origami. We will go over multiple origami designs and themes, such as plants and animals.
M. Myers
Sept 27           Monday
6:30-8:00pm  3 sessions  $45
*no class 10/11

PERFECTLY PAPER PIECED QUILTING
Learn the basics of foundation paper piecing. Students will master small pieces, sharp angles, and seemingly difficult quilt blocks. Beginners will love the results from this quilting by numbers method of piecing. Upon completion of the course, students will be able to confidently piece 5 quilt blocks, use paper piecing methods for more accurate blocks, and know how to accurately measure, label and organize block units. Topics to be covered include seams, equipment, tools, and how to read paper piece patterns. The instructor will contact students with a supplies list prior to the first class. Students should purchase the following book before class begins: Paper Piecing All Year Round by Mary Hertel, C&T Publishing, ISBN: 9781617458941 or eISBN: 9781617458958. Prerequisite: Students must know how to sew and use their machine.
D. Zillich
Oct 6             Wednesday
6:00-8:00pm  5 sessions  $99
*no class 10/13

Associated Class link will be sent to students prior to class start date via email
ONLINE

SEWING WITH A MACHINE: AN INTRODUCTION
Learn the basics of using a home sewing machine. Students will learn how to thread the machine, change the needle and other parts, how to get accurate seam allowance and more. By the end of the class students will be able to confidently sew basic items and maintain their home sewing machine.
D. Zillich
Nov 1  Monday
6:00-8:00pm  5 sessions  $99

SPOOKTACULAR PEN, INK & WATERCOLORS
Learn methods of creating pen and ink drawings of spook-tacular subjects that will be painted with watercolors. We'll create ghosts, spiders, pumpkins etc. Materials needed: assortment of fine tipped pens (such as .01 micron pigma), hot press watercolor paper/multimedia paper (9x12/11x14" good sizes), pencils, eraser; watercolors, brushes, paper towels. S. Kwashnak
Oct 20  Wednesday
6:30-8:30pm  2 sessions  $40

COMPUTERS
BASIC INTERNET SECURITY
Learn basic Internet security concepts and take basic precautions to protect yourself from hacking and identity theft. We will cover Internet browsers, insecure browsers, add-ons, password use, and protective software. Bring your own PC or Mac for a “hands-on” experience. D. Thompson
Oct 4  Monday
6:00-8:00pm  1 session  $20

COMPUTERS AND DISTANCE APPLICATIONS (NEW)
This course is intended for novice computer/Internet users to expand their use of the Internet for everyday applications. A brief history of PCs, the Internet and online learning will be presented before moving on to online banking and shopping, a variety of software applications (MS Office, tax services, email, etc.), and research. Students will need to have their own computer or device for this class.
M. Gannon
Nov 8  Monday
6:00-8:00pm  3 sessions  $59

INTRO TO SOCIAL MEDIA FOR BUSINESS
Do you have a small business and need a little help creating some interest on your social media accounts? We will talk about the most current trends in social media and explore how these platforms can help your business. Please bring a mobile device with Instagram, and/or Facebook already installed with active accounts. If you have a personal Instagram account and you are considering changing it to a Business account, we will talk about the pros and cons of that too! We will also cover ways to get noticed on Instagram and Facebook with creative posts and images.
B. Tate
Oct 14  Thursday
6:30-8:30pm  2 sessions  $40

SELLING ONLINE
This class will show you how to use the many websites, eBay, Craigslist, Offer UP, and more, available to you for selling. You can start a home business or make some extra money using many different websites to sell things. Are you decluttering? Or maybe you are crafty and would like to sell the things you make. Come learn how these websites work and find one that will be best for you. Cindy Miller is a multi-faceted entrepreneur who sells online and has a real estate brokerage.
C. Miller
Oct 6  Wednesday
6:30-8:00pm  1 session  $20
Nov 18  Thursday
6:30-8:00pm  1 session  $20

FINANCE
401K ROLLOVERS
The participants will learn the best time for 401K rollovers and how to avoid penalties. The instructor will discuss alternatives and the rules and regulations involved with 401K plans.
J. Dorso
Sept 7  Tuesday
6:30-8:30pm  1 session  $20

ABC’S OF GOVERNMENT BENEFITS FOR YOUR LOVED ONE WITH SPECIAL NEEDS
This workshop will provide a greater understanding of the various government benefits available to your loved one. It will discuss in detail how to qualify, maximize, and preserve benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicaid, Medicare, and the ABLE Act.
S. Hawkins
Sept 30  Thursday
6:30-8:30pm  1 session  $20

ABC’S OF PLANNING FOR THE FUTURE OF YOUR LOVED ONE WITH SPECIAL NEEDS
Our workshop extends beyond the limited boundaries of wills and trusts and empowers families to create a comprehensive plan for the future of their dependents with special needs. It will provide an understanding of the critical legal and financial elements needed to provide lifelong support for a loved one with special needs. It also provides a unique opportunity to learn from someone who has personal experience with these same issues.
S. Hawkins
Sept 14  Tuesday
6:30-8:00pm  1 session  $20

CT STATE TEACHERS RETIREMENT
Learn more about preparing for retirement with your CT State Teachers Retirement. We will explain when you are eligible for your retirement benefits and explain the terms. The course also covers your retirement benefit payout options and annuity options as well as your beneficiary options.
M. Church
Nov 17  Wednesday
6:30-8:30pm  1 session  $20
ONLINE

HISTORY OF FINANCE AND ECONOMICS PART 1
A survey of the history of economics and finance with an in-depth study of theory, practical marketplace definitions, and applications. You will learn to understand the difference between micro and macroeconomics, what some of the current trends in finance and business are, and why they are valuable for participants to know. M. Myers
Oct 6 Part 1 Wednesday 6:00-8:00pm 3 sessions $59

HOW MONEY WORKS
Create a budget, save money more efficiently, and learn how to tackle debt. Are you ready? By applying the principles of this class, you can achieve financial security and ultimately reach your goals! G. Callahan
Oct 14 Thursday 6:30-8:00pm 1 session $20

MEDICARE 101
Are you confused about recent changes and updates in Medicare? Does individual healthcare make you feel overwhelmed? Let us educate and help you better understand the ever-changing world of Medicare and healthcare. J. Dorso
Sept 21 Tuesday 6:30-8:30pm 1 session $20

MEDICARE AND SENIOR MEDICARE PATROL BASICS
Learn Medicare fundamentals parts A, B, C, D, and more. Taught by trained & experienced counselors from the Western Connecticut Area Agency on Aging (WCAAA). A. Cole
Oct 6 Wednesday 5:00-7:00pm 1 session Free

PROTECT YOURSELF AND YOUR FAMILY WITH TRUSTS
Learn how to use trusts to avoid probate, minimize estate taxes, preserve IRA funds, provide for disabled family members, protect assets from Medicaid, and protect your estate from your children’s creditors. Plan and protect! Preserve control over your affairs during incapacity and avoid litigation and conservatorship. Topics to be covered include, but are not limited to: Revocable Living Trusts, Irrevocable Trusts, IRA Trusts, Special Needs Trusts, Testamentary Trusts, Beneficiary Designations, and new laws regarding Powers of Attorney. Danbury Elder Law & Estate Planning Attorneys, Thomas & Michele Murphy
Oct 13 Wednesday 6:30-8:00pm 1 session $20

RETIREMENT PLANNING TODAY
This course addresses the retirement planning process and covers the impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues. P. Mariano & J. Castaldi
Oct 5 Tuesday 5:30-7:00pm 3 sessions $30

SOCIAL SECURITY PLANNING
We will cover what you need to know to maximize retirement income. Learn the answers to your questions: 1) Will Social Security be there for me? 2) How much can I expect to receive? 3) When should I apply for Social Security? 4) How can I maximize my benefits? 5) Will Social Security be enough to live on in retirement? M. Church
Oct 27 Wednesday 6:30-8:30pm 1 session $20

STARTUPS & RAISING CAPITAL INTRO
Learn the essentials of building a startup and raising capital. Emphasis will be placed on the benefits that building new companies creates for communities by generating new jobs, intellectual property, and growth. Participants will be able to build and execute a company’s strategic vision. Please bring a note pad and pen to class. M. Myers
Nov 8 Monday 6:00-8:00pm 3 sessions $59

YOUR RELATIONSHIP WITH MONEY: PLANNING FOR YOUR FUTURE (NEW)
Discover your “money personality,” envision your financial goals, and learn how to move closer to them. Create and follow a spending plan/budget, save for your future, manage credit, and learn how to deal with debt. F. Griffiths-Smith
Nov 18 Monday 6:30-7:30pm 4 sessions $40

HOME IMPROVEMENT
ART OF BONSAI: INSPIRATIONS FOR GARDEN DESIGN
There is a misconception that the art of bonsai is a specialized Japanese horticultural art form with no relationship to garden design. The truth is that bonsai design principles are universal design principles. An overview of the art of bonsai, bonsai display, and design elements in the Japanese garden will help the home gardener understand the basic concepts of Eastern design principles. It is recommended, but not required, that participants attend “Taming of the Shrub” class prior to this class. D. Silver
Oct 6 Wednesday 6:00-8:00pm 1 session $20

DECLUTTERING & ORGANIZING YOUR HOME
Participants will learn strategies to tame those piles of paper, organize those closets, and tackle that “junk/spare room” we all have. Participants will have the tools to make the necessary decisions about what they are keeping, donating, or discarding, and then knowing where to store the things that they are keeping.
J. Baltrush
Oct 6 Wednesday 6:00-8:00pm 1 session $20
ONLINE

REPLACEMENT WINDOW WORKSHOP
Compare products and prices. See how windows are properly installed! Want to save on your heat and air-conditioning bills and take advantage of incentive programs available, but don’t know where to start? Learn about different window types Low-E, Argon, triple plane, wood, vinyl, and composite. How much should I pay for a good quality window? Come learn from an experienced master carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.
P. O’Doherty
Oct 5 Tuesday
7:00-9:00pm 1 session $20

THE TAMING OF THE SHRUB
Pruning is an art and a science that requires practice. Learn sound techniques applied at the right time for the right plant that can take the mystery out of pruning. Topics also discussed include pruning and training of common garden shrubs, the rationale of pruning, and the fundamentals of good pruning practices. A discussion of the rationale behind pruning will help the home gardener achieve a result that is both horticulturally sound & aesthetically pleasing.
D. Silver
Oct 13 Wednesday
6:00-8:00pm 4 sessions $79

LANGUAGES
INTRODUCTION TO LATIN (NEW)
This introduction to the Latin language includes grammar and cultural background. By the end of class, students will be able to read selected passages of Latin texts, learn about grammar and Roman history and civilization. Instructor will provide materials prior to class.
A. Oddo
Oct 6 Wednesday
6:00-8:00pm 5 sessions $99

LET’S LEARN GERMAN!
In a relaxed, fun, and stress-free environment, learn how to communicate in German. Focus will be on acquiring basic conversational skills and exploring German culture. The instructor will contact participants with textbook info prior to class.
B. Neblett
Sept 16 Thursday
10:00am-12:00pm 5 sessions $99

POLISH LANGUAGE FOR BEGINNERS
Learn basic Polish conversational skills from an experienced teacher. Students will gain knowledge of Polish culture as well as respect for the language.
A. Matyszczyk
Sept 22 Wednesday
6:00-8:30pm 4 sessions $99

SPANISH IS FUN I
Learn beginning conversational Spanish, basic vocabulary, and present grammar along with Spanish culture. “Learn Spanish the Fast and Fun Way, Fourth Edition Book and CD -2015”, (ISBN #1438074972) is recommended for this class.
R. Espinosa-Reyes
Sept 13 Monday
6:00-8:00pm 4 sessions $79

MUSIC
BACKSTAGE: A PERSONAL THEATER HISTORY (NEW)
This class, led by a working theater director, will explore the creation of varied classic theater events -- from Shakespeare’s Hamlet to O’Neill’s Ah, Wilderness! Plays, new musicals, and revivals are discussed to help the student understand why some productions succeed and some do not.
T. Gruenewald
Oct 13 Wednesday
6:00-7:30pm 5 sessions $75

BUYING AND SELLING OF RECORDS (NEW)
Author and longtime owner of Mystic Disc shares knowledge on buying, grading, learning to recognize collectible vinyl records, and imparts knowledge on how to open a record store.
D. Curland
Nov 9 Tuesday
7:00-9:00pm 2 sessions $40

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE
Learn to play piano the way professionals do, using chords. As class is being held online via Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. Since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional weekly online question and answer session is also included. The course is partly lecture/demonstration and partly hands-on instruction.
C. Coffman
Oct 23 Saturday
9:00am-12:00pm 1 session $59

JUMP START GUITAR
Learn chords, scales, note reading and the techniques essential for guitar playing in your favorite songs! "Hal Leonard Guitar Method Book One", is recommended for this class from Amazon.
J. Monde
Oct 27 Wednesday
7:00-8:30pm 4 sessions $59

Would You Like to Teach a Class?
1.800.300.4781
PERSONAL DEVELOPMENT

10 WARNING SIGNS OF ALZHEIMER'S
The instructor describes typical age-related memory changes, recognize common warning signs of Alzheimer's and dementia, and explain the importance of early detection. J. Labrie
Sept 16 Thursday 6:00-7:30pm 1 session Free

24/7 DAD: A FATHERHOOD COURSE (NEW)
Fathers will gain parenting skills and ideas that can be implemented in everyday life. An instructor from 24/7, a comprehensive fatherhood program designed to help men improve their parenting skills and fathering knowledge, focuses on building self-awareness, self-caring, and relationship skills. P. Cifaldi
Nov 2 Tuesday 1:00-3:00pm 5 sessions $99

AMERICAN GENEALOGY, PART 1 (1850-PRESENT) - AN INTRODUCTION (NEW)
In this introductory course for those interested in researching their family tree, we start with what we know—ourselves—and trace backwards, generation by generation, to 1850. Upon successful completion of the course, the student will be able to trace back their family tree. Students are urged to purchase the optional book prior to class, The Researcher's Guide to American Genealogy, 4th Edition, ISBN# 0806320664, Genealogical Publishing Company. R. Weir
Nov 2 Tuesday 7:00-8:30pm 5 sessions $75

ANGELS: AN INTRODUCTION
This class will be about all angels in general, how we communicate with them, signs they send us, and how they are just waiting for our permission to aid us in everything we do. Come learn how to embrace the Angel's love and guidance to better all aspects of your life. E. Koverman
Sept 29 Wednesday 6:30-8:00pm 1 session $20

ARE YOU READY TO PLAN YOUR NEXT VACATION?
Jan will give you tips and strategies to have a fun, stress-free vacation. Whether you are planning to take road trips, flying off somewhere, or considering a staycation, Jan will give you great tips to keep everything less stressful and more productive emotionally. Challenges of togetherness during a pandemic are also included but not the focus. This course is about mental preparedness, not about medical precautions. J. Baltrush
Oct 13 Wednesday 6:00-8:00pm 1 session $20

ASTROLOGY: A COMPREHENSIVE INTRODUCTION (NEW)
By studying planets, signs, houses, aspects, transits, and the month’s nodal axis, students will walk away from the course prepared to analyze deeply any natal astrological chart. In preparation for the course, please research the time of your birth (in addition to the date and location) so we can produce your own chart. Students are urged to purchase the following optional book before class: The Inner Sky by Steven Forrest (ISBN# 0979067715) A. Grace
Oct 2 Saturday 4:00-6:00pm 5 sessions $99

COFFEE: FROM CROP TO CUP (NEW)
Students learn how coffee is grown, processed, imported, roasted, and brewed. By the end of class, participants will understand what goes into making a great cup of coffee. N. Benson
Oct 5 Tuesday 3:30-4:30pm 2 sessions $20

COMING HOME TO THE HEART: FOUR-WEEK MINDFULNESS MINISERIES CULTIVATING SELF-COMPASSION (NEW)
Through mindfulness, kindness, and interconnectedness, students will practice developing a more compassionate mind and learn ways to be a better friend to ourselves. Learn to cope more effectively with stress and develop an attitude of humility, self-compassion, and gratitude. J. Zehler
Oct 18 Monday 6:00-8:00pm 4 sessions $79

DEMENTIA: RECOGNIZING & SUPPORTING THOSE IMPACTED
An instructor from Live Well shows students how to recognize signs and symptoms of dementia and identify communication strategies to utilize when talking with people with dementia. E. DeFrancesco
Oct 20 Wednesday 5:30-7:00pm 1 session $20

FICTION WRITING (SHORT STORY & THE NOVEL) - AN INTRODUCTION
In this course, students will explore various elements of fiction writing, including characterization, plot structures, setting, and dialogue through both reading texts and responding to prompts. Students will also learn editing and revising techniques to help them complete their own short story or make significant progress on a novel. A. Gallagher
Sept 20 Monday 6:30-8:30pm 5 sessions $99
ONLINE

FUNDAMENTALS OF MINDFULNESS MEDITATION
Learn or refresh techniques of mindfulness/insight meditation to help settle and focus the mind. You will become familiar with basic meditation practices to help reduce stress and create more ease, as well as the nature of thoughts and why they are so sticky. This class supports those interested in an in-home practice. S. Klapper
Oct 13 Wednesday 6:30-7:30pm 2 sessions $20

HERBS FOR BOOSTING IMMUNITY (NEW)
In this course, you will learn about healing herbs that boost the immune system. Discover how to make your own herbal remedies in the form of tinctures and teas. Plant identification and science are also explored. A. Hill
Oct 25 Monday 7:00-8:00pm 4 sessions $40

HISTORICAL CONNECTICUT AND LITCHFIELD COUNTY
Students will survey milestones in Connecticut history from the colonial period to present. Special attention will be given to the social and economic history of the northwestern region of Connecticut and the stories from the historical collections and archives of the Sharon Historical Society and Museum. C. Beer
Oct 6 Wednesday 6:00-8:30pm 2 sessions $49

HOW TO TALK WITH THE OTHER SIDE
You are gifted with spiritual insight. Would you like to communicate with spirits? How do you recognize a sign and develop your intuition? Do you get results when you engage with God? Cindy Miller is a God-based intuitive and author of “Is That All There Is The Journey Within.” Each gathering is unique, so you can take this class multiple times. Messages are geared to whoever is present the day of the class. C. Miller
Oct 20 Wednesday 6:00-7:30pm 1 session $20
Oct 10 Wednesday 6:00-7:30pm 1 session $20

KEEP TALKING: AN INTRODUCTION TO PROFESSIONAL VOICE OVER
Have you ever been told you have a great voice? Come and explore professional voice-acting for television, radio, audio books and more! Learn the basics, including how to be successful and earn a great income in this exciting field. This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. For more information, visit: www.voicecoaches.com/gptt.
Voice Coaches
Sept 16 Thursday 6:30-9:00pm 1 session $25
Oct 21 Thursday 6:30-9:00pm 1 session $25

LIVING WITH ALZHEIMER’S: THE MIDDLE STAGES
This three-part program provides practical answers to the questions that arise in the middle stage of Alzheimer’s disease when care partners now become hands-on caregivers. During this three-part series, you will hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care. J. Labrie
Oct 7 Thursday 6:00-7:30pm 3 sessions Free

MINDFULNESS MEDITATION SUPPORT
Bring your questions about practice, discuss skillful use of anchors, and discuss the scope of the practice. Upon successful completion of the course, the student will be able to feel more at ease with sitting in stillness and meditating at home regularly – abiding the busy mind. Topics to be covered include, but are not limited to, cultivating stillness, skillful use of anchors for awareness, and the nature of our minds and thoughts. S. Klapper
Nov 3 Wednesday 7:00-8:30pm 1 session $20

PARADIGM SHIFTING FOR A BETTER UNDERSTANDING OF HOW YOU INTERACT WITH THE WORLD (NEW)
This course is a game changer for those who want to gain insight and perspective. Using stories, questions and discussions in class, the workshop explores shifting paradigms and teaches ways to interact more fully with others. Students engage in exercises involving the skills of self-inquiry, paradigm shifting, as well as exploration of thoughts and identity. J. England-McCarthy
Oct 5 Tuesday 7:00-8:30pm 3 sessions $45

POETIC DESIGN, DISCOURSE, AND WRITING - AN INTRODUCTION (NEW)
Emerge and refine your linguistic expression! The instructor, the Connecticut State Ambassador for the U.S. Board on Books for Young People, will explore with students poetic design through discourse, written, and visual methodologies. Students learn how to structure poems in various styles and formats; know the audience, how to cultivate craft, and evaluate publication options.
Y. de St. Croix
Oct 5 Tuesday 6:00-7:00pm 5 sessions $49

SIMPLIFY LIFE
Explore what is worthy of your time and energy. Discover the benefits of goal setting and time management. Learn ways to eliminate old burdens and usher in a clean slate to simplify your life.
K. Colombo
Oct 12 Tuesday 7:00-8:30pm 1 session $20
ONLINE

STEPPING INTO YOUR GREATNESS
Achieving greatness and creating abundance is not age restricted. Time to break bad habits, change negative behaviors and become the person you were always meant to be. Learn subconscious behavior, how we set up these patterns, techniques to break patterns, and how to create a new mindset.
L. Monaco
Nov 1 Monday 6:00-8:00pm 2 sessions $40

TELL IT TRUE! EXPLORING, CRAFTING AND TELLING PERSONAL STORIES – AND WHY THEY MATTER (NEW)
Through exercises, games, and writing prompts, participants explore the fascinating art of oral storytelling. This highly interactive class encourages students to listen to storytellers, explore the significant impact of personal stories, and delve into their own truths through group activities and conversation. Bring your notebook and be ready to share life experiences and to shape them into spoken word art.
L. Ford
Nov 1 Monday 6:00-7:30pm 5 sessions $75

RECREATION & LEISURE
BOATING & PERSONAL WATERCRAFT SAFETY (CERTIFICATE CLASS) (NEW)
This all-inclusive course allows you to operate a boat/personal watercraft and tow water skiers/inflatables. Upon successful completion of the course, the student will have learned about state and federal boating laws and earned a CT Safe Boating Certificate (Boater’s License). Once completed, the State Certified instructor will guide you through the certificate download process which includes a one-time additional payment to the State of Connecticut of $50.00 per license -- then you are certified for life.
G. Dean
Oct 7 & 8 Thurs/Fri 5:00-9:00pm 2 sessions $65

BOLLYX
BollyX is a Bollywood-inspired dance-fitness program. We combine dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and motivated. We embody infectious energy, expression, and movement of Bollywood, and aim to expand the reach of fitness to more people worldwide.
N. Moore
Nov 1 Monday 5:30-6:30pm 4 sessions $40

CARDIO BARRE – ALL LEVELS
Cardio Barre sculpts and tones the muscles in an energizing way using a ballet barre. The exercises focus on arms (with or without light weights), legs, and the core. Participants will not only get stronger they will also build their endurance and improve their flexibility during class. No dance experience required.
S. Pyne
Sept 14 Tuesday 6:00-7:00pm 5 sessions $75

COIN COLLECTING 101 (NEW)
Learn the basics of “the hobby of kings” in this introduction to numismatics, the study of coins. Students learn coin terminology and how to acquire and handle genuine coins. Bring to the Zoom session your own personal collection to show if you have one (not required).
J. Meunier
Oct 18 Monday 6:00-8:00pm 3 sessions $59

INTRODUCTION TO FERMENTATION WORKSHOP (NEW)
Support your gut and a healthy microbiome with fermented foods. Discover why and how to make sauerkraut, kimchi, and pickles in this hands-on workshop led by an award-winning cookbook author and Connecticut native. A supply list will be given to participants who want to cook along (it is also perfectly acceptable to just watch).
T. Walters
Dec 8 Wednesday 6:00-8:00pm 1 session $65 pp

INTRODUCTION TO GO, THE ANCIENT STRATEGY GAME – BEGINNER (NEW)
Learn basic rules and strategies of one of the oldest games in the world. Upon successful completion of the course, the student will be able to play and understand the game of Go on a small 9X9 board. Topics include critical thinking, evaluation, decision making, and practical application of game theory.
M. Mladenovic
Oct 7 Thursday 12:00-1:00pm 4 sessions $40
INTRODUCTION TO PARANORMAL PHENOMENA (NEW)
The co-founder and lead investigator for the Eastern CT Paranormal Society leads this course, which studies the role of the paranormal in human experience. Students learn how to look critically at both various phenomena and the attempts to explain them. Topics include hauntings, demonology, parapsychology, and investigative procedures.
D. Bray
Nov 12  Friday
6:30-8:30pm  4 sessions  $79

NO BONES ABOUT IT
Has your doctor told you that you have osteopenia or osteoporosis? Are you worried about your bone health? Join this small group strength training session that utilizes exercises to improve your strength, balance, and agility. We will be standing and lying down in this class. A strength class is primarily an anaerobic activity that uses weights, resistance tools, and one’s own body weight to induce muscular contraction, which builds the strength and endurance of muscles.
N. Moore
Oct 7    Thursday
4:15-5:00pm  4 sessions  $30

PILATES MAT– ALL LEVELS
Pilates works to increase muscular strength, body awareness and facilitates a mind-body connection. Participants will notice improvements in their posture and breath control. Pilates exercises also help to bring the body into alignment while simultaneously stretching and strengthening the body.
S. Pyne
Oct 13  Wednesday
5:30pm-6:30pm  5 sessions  $75

POUND
Channel your inner Rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating, full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. No prior experience required. Marlene is an AFAA-certified group fitness instructor and certified Pound Pro. Online and from the comfort of your own home, all you need is a pair of Rip Stix to become a part of this exciting community. See poundfit.com for more details and https://shop.poundfit.com/shop/ripstix/ for purchasing information or you can rent a pair for $25 from the instructor.
M. Deyo
Sept 27  Monday
5:30-6:30pm  6 sessions  $60

QI GONG
This is an ancient form of Chinese exercise that helps one to clear stress and increase energy with gentle movement, breathing, and meditation that benefits the body, mind, and spirit. Wear comfortable clothes.
R. Garbien
Nov 6  Saturday
9:00-10:00am  3 sessions  $30

THE ART OF FLY TYING: THINKING AHEAD TO FISHING SEASON
Learn the techniques for tying creative and effective fly patterns. Become proficient in the use of fly-tying tools and materials while learning to recognize their attributes by creating life-like imitations of a fish’s top forages. Participants will learn to tie standard fly patterns from dry flies and nymphs to streamers and saltwater flies.
D. McDevitt
Sept 14  Tuesday
7:00-8:30pm  4 sessions  $59

ONLINE CLASSES
What equipment will you need?
An internet connection such as WiFi, a device that is connected to the internet such as: computer (preferably with a webcam, speakers and microphone), Tablet (e.g. iPad, Kindle, etc.) – with a front-facing camera, or Smart Phone.
If you do not have a device with a camera / speakers / and/or microphone, most Zoom meetings also provide a telephone number which you can use to call in and hear the meeting.

Before the meeting:
Create an Account
You do not have to have a Zoom account to attend a Zoom meeting, though you may find it helpful to create an account ahead of time. You can do that here: https://zoom.us/signup

Download the App
Before joining a Zoom meeting on a computer or mobile device, you can download the app from the Zoom Download Center. Otherwise, you may be prompted to download and install Zoom when you click a link to join the class.

Test your Connection
Click join a test meeting https://zoom.us/test to familiarize yourself with Zoom and to test your audio and camera settings.

At Meeting time
Open the e-mail invitation or confirmation you received
Click on the blue link in the email / confirmation.
Click on “turn on internet audio” when prompted.
Click on or select “yes” when asked about joining with video.

If you’re muted, you’ll see a little microphone in the bottom corner of your screen (you may have to tap the screen to make it appear), just click on/tap the microphone to mute / unmute yourself.

Still have questions?
There is a whole library of helpful information at www.Zoom.com including videos and more.
**IN PERSON Classes pg 23-28**

*Masks are required for all IN PERSON classes regardless of vaccination status*

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**EDADVANCE, Litchfield**

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**ARTS & CRAFTS**

**MORAVIAN STAR GLASS WORKSHOP BEGINNER**

In this beginner class, we learn the basic techniques of cutting, grinding, foiling, and assembling this beautiful 3D-stained glass hanging star. There is a $10 material fee (cash only) payable to the instructor at the first class.

S. Segovia
Dec 1        Wednesday
6:00-8:00pm  2 sessions $20

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**ORIGAMI BUTTERFLIES**

Origami master, Michael LaFosse, calls his folding designs "poems for the fingers." In this advanced course, using LaFosse's designs, you will learn how various bases can be used to create endless variations of colorful butterflies. You will learn how the bases can be mixed and matched and how to create your own butterfly designs. These models are created using a series of squash folds, and we will fold several models. Prerequisite: Origami for the Beginner class or previous folding experience. There is a $15 material fee payable to the instructor at the first class.

D. Silver
Oct 21       Thursday
6:00-8:00pm  2 sessions $40

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**ORIGAMI FOR THE BEGINNER**

Origami is the ancient traditional Japanese art of folding paper. Origami naturally invites one to mindfulness. Getting lost in folding a model is an enjoyable pursuit. You will learn how to fold a greeting card and the traditional Japanese crane. The basics of how to fold and how to read diagrams will be covered. This is a comprehensive class which includes paper selection, recommended books, and online resources. No previous experience is necessary. There is a $8 material fee payable to the instructor at the first class.

D. Silver
Oct 7        Thursday
6:00-8:00pm  1 session $20

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**QUILTING: INTRODUCTION FOR BEGINNERS**

Learn the basics of quilt piecing in this extensive six session course. You also will learn about fabric preparation, ironing, seam allowance, strip/chain piecing, making multiples at a time, and brainstorming ways to use class blocks. Instructor will contact participants prior to the first class with a supply list.

D. Zillich
Sept 30      Thursday
5:30-7:30pm  6 sessions $119
no class 10/14, 11/11

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**STAINED GLASS JEWELRY**

Participants will design and create their own wearable art to take home while learning the basic techniques of cutting, foiling, and soldering stained glass to create a pair of earrings and a matching pendant. There is a material fee (cash only) of $12 payable to the instructor at the first class. Please arrive on time.

S. Segovia
Dec 6        Monday
6:00-8:00pm  1 session $20

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**WIRE WRAP JEWELRY MAKING**

Create unique handmade jewelry through demonstration and hands-on activities. Participants will be able to create earrings with handmade ear wires, a coil bracelet, and wrap a stone for use as a pendant. Tools needed for class are a small wire cutter, flat nose and round nose pliers, and chain nose pliers. There is a $20 fee for materials due at the first class.

S. Tocci
Oct 18       Monday
6:00-8:00pm  2 sessions $40

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**COMPUTERS**

**COMPUTERS FOR BEGINNERS**

This class starts at the very beginning, from pressing the computer's "ON" button. It covers choosing an email provider, using computer security, typing documents, using technology to serve your life goals, and using Skype. Bring your own laptop if you have one.

D. Thompson
Oct 5        Tuesday
6:00-8:00pm  3 sessions $59

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**HOME IMPROVEMENT**

**BACKYARD BEEKEEPING**

This introductory class is geared to those curious about honeybees and who may be considering starting hives of their own. Topics discussed will be honeybee behavior, cost, time commitment (by season), equipment, and types of hives.

B. Domonell
Oct 18       Monday
6:00-8:00pm  2 sessions $40

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**MUSIC**

**ACOUSTIC GUITAR FOR THE TRUE BEGINNER**

Have you always wanted to play the guitar? Did you buy a guitar with every intention of taking lessons but never seemed to get around to it? Now is the time to dust and polish it and bring it with you to this class where you will learn the basics of guitar playing as well as some strings and chords. Bring your guitar to class with you.

D. Wheeler
Nov 23       Tuesday
6:30-8:30pm  4 sessions $79
**IN PERSON**

*Masks are required for all IN PERSON classes regardless of vaccination status*

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**FIDDLE/VIOLIN FOR THE TRUE BEGINNER**

Have you always wanted to play the violin or fiddle? Did you buy an instrument with every intention of taking lessons, but never got around to it? Well, now is the time to make this dream come true. Bring your instrument to this class where you will learn the basics of violin/fiddle playing, as well as some strings and chords.

D. Wheeler

Oct 12 Tuesday
6:30-8:30pm 5 sessions $99

*no class 11/2*

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**READING MUSIC MADE EASY**

This class is for beginners who have always wanted to learn the basics of reading music. There is no time like the present to embark on a new path in your musical journey by finally learning the keys to this basic creative musical skill.

D. Wheeler

Sept 28 Tuesday
6:30-8:30pm 2 sessions $40

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**PERSONAL DEVELOPMENT**

**ESSENTIAL OILS**

Learn the history of essential oils and how to use them. Discussion may include benefits from certified pure therapeutic grade oils and do-it-yourself projects using oils. These oils help with health, emotions, and cleansing. You will also make a blend of your choice to bring home. There is an optional $30 textbook available in the class payable by cash to the instructor.

L. Olsen

Oct 13 Wednesday
6:00-8:00pm 1 session $20

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**RECREATION & LEISURE**

**AARP SMART DRIVER COURSE**

In this refresher course for drivers 50+ years old, participants review of the challenges faced by aging drivers and receive guidance on how to continue driving safely. Students must bring their AARP card to class if you have one. There will be a fee payable to “AARP” at the time of class, $20 fee for members and $25 for non-members. There will a short break. Please arrive 15 minutes before class start time.

M. Forbes

Oct 18 Monday
1:00-5:00pm 1 session Free

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**REIKI I CERTIFICATION (NEW)**

Reiki is a gentle hands-on healing technique that balances the life energy system; strengthens the immune system; reduces stress; and accelerates the healing process. Students perform hand positions and symbols for healing themselves and others in the certification class.

C. Byram

Oct 5 Tuesday
5:00-7:30pm 2 sessions $50

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**REIKI II CERTIFICATION (NEW)**

In this follow-up class to Reiki I, more symbols and attunements are explored, including distance healing, energy beaming, and overcoming unwanted habits. Prerequisite class is Reiki I completion and certification.

C. Byram

Nov 2 Tuesday
5:00-7:30pm 2 sessions $50

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**ARTS & CRAFTS**

**BASIC CROCHET**

Learn the fine art of crochet while creating a fun bag and discover a new way to relax. Upon successful completion of the course, the student will be able to read a pattern and learn how to chain, single crochet, half double crochet, double crochet, and yarn information. The instructor will call or email students with a list of supplies prior to the first class.

M. Fairchild

Oct 25 Monday
6:00-8:00pm 2 sessions $40

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**KNITTING**

Create a stylish yet practical scarf that will give you the opportunity to work with new stitches and patterns in a manageable project. Students will learn how to cast on, bind off, knit, purl, and read a pattern. The instructor will call or email students with a list of supplies prior to the first class.

M. Fairchild

Nov 8 Monday
6:00-8:00pm 2 sessions $40

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**SPINNING WOOL WITH A DROP SPINDLE**

Spin single-ply yarn on a drop spindle from a long and narrow bundle of wool using the park and draft method. Supplies will be purchased directly from the instructor for $10 on the first night of class.

M. Fairchild

Oct 18 Monday
6:00-8:00pm 2 sessions $40

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**FINANCE**

**DO I GIVE MY HOME TO MY CHILDREN TO SAVE MY ASSETS?**

Will “gifting” my home protect my assets? How can you get the state to pay for your nursing home care? Get proven asset-protection planning techniques. Discover techniques to avoid liability to the nursing home for your loved ones. Actual cases will be used. M. Broderick III, Esq.

Sept 27 Monday
6:30-8:30pm 1 session $20

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**Housatonic Valley Reg. HS, Falls Village**
IN PERSON
*Masks are required for all IN PERSON classes regardless of vaccination status*

**LIVING TRUSTS-SHOULD I HAVE ONE?**
What exactly is a Living Trust? Will a Living Trust avoid Probate Court? Will a Living Trust reduce estate taxes? What is the difference between a Living Trust and a Last Will and Testament? Get the answers to these questions and more from an attorney. Eliminate the confusion in a relaxed atmosphere.
M. Broderick III, Esq.
Nov 8  Monday
6:30-8:30pm  1 session  $20

**HAPPY PAINTERS**
The instructor will demonstrate basic painting techniques and give quick tips on composition and shadowing. Students will start their own painting. The instructor will call students with a supply list prior to the first class.
L. Skelskey-Chapin
Oct 5  Tuesday
6:00-8:30pm  2 sessions  $50

**SEA GLASS ART**
Create a beautiful 8x10 framed sea glass mosaic. By using epoxy and different mediums, such as shells, pebbles, and sea glass, you can create a beach themed piece of art! Supplies can be purchased directly from the instructor for $60 at the beginning of class.
J. Peters
Oct 6  Wednesday
6:30-8:30pm  1 session  $20

**YES, YOU CAN PAINT WITH ACRYLICS AND OILS**
Learn successful painting techniques, composition, color theory, and the effects of light. Bring in a work in progress or start your very first painting! All levels are welcome. The instructor will call students with a supply list prior to the first class.
L. Skelskey-Chapin
Nov 9  Tuesday
6:00-8:30pm  4 sessions  $99

**FINANCE**
DO I GIVE MY HOME TO MY CHILDREN TO SAVE MY ASSETS?
Will “gifting” my home protect my assets? How can you get the state to pay for your nursing home care? Get proven asset-protection planning techniques. Discover techniques to avoid liability to the nursing home for your loved ones. Actual cases will be used.
M. Broderick, III, Esq.
Sept 14  Tuesday
6:30-8:30pm  1 session  $20

**PERSONAL DEVELOPMENT**
UNDERSTANDING ALZHEIMER’S AND DEMENTIA
Alzheimer’s disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. J. Labrie
Sept 9  Thursday
6:30-8:00pm  1 session  Free

**Pomperaug HS, Southbury**

**ARTS & CRAFTS**
**FLORAL WREATHS**
Create a beautiful 6x10 inch wreath made up of artificial flowers of your color choice. Great for holidays or a specific season. Supplies can be purchased directly from the instructor for $25 at the beginning of class.
J. Peters
Nov 10  Wednesday
6:30-8:30pm  1 session  $20

**COMPUTERS**
**EXCEL I & II - BASICS AND FORMULAS**
In this class, we will cover the basics and different formula creations in Excel. We will also explore the workbook, worksheets, ribbon, charts, filters, sorting, and linking data. Please bring a USB drive to save your work and be prepared to move quickly through some of the fine points of Excel. PDF handouts will be reviewed in class and help you to practice at home. These skills can help you at work, in your own business, or even in your home budget. Prerequisite: Basic Keyboarding skills and some experience with Excel. This class is not for advanced users.
B. Tate
Sept 9  Thursday
6:30-8:30pm  2 sessions  $40

**Northwestern Reg 7 HS, Winsted**

**Masks are required for all IN PERSON classes regardless of vaccination status**
YOU REALLY NEED TO HAVE AN ESTATE PLAN
LEARN WHY
Did you know that if you do not create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more, this course is for you! Come learn from an experienced elder law attorney about important documents every adult should have. You will learn about wills, trusts, powers of attorney (POA), and healthcare directives. You will walk away knowing what these documents are for and what you need to do to create them. You will also learn about the probate process and how it works. Even if you already have an estate plan, all students will receive an easy-to-understand estate planning guidebook written by our attorneys. L. Arnold, Esq.
Nov 3 Wednesday 6:00-7:30pm 1 session $20

LANGUAGES
ABC ITALIAN
You will be introduced to basic vocabulary and sentence structure in the present tense suitable for a wide variety of tourist situations. Learn useful Italian words and common phrases for travel, questions, exchanging pleasantries, dining out, and asking for directions. If you can say the right simple phrases at the right time, you will discover how useful and funny your travel experience can become. V. Isaku
Sept 15 Wednesday 6:00-8:00pm 4 sessions $79

PERSONAL DEVELOPMENT
BOOK APPRAISING
Determine the approximate value of the participants’ books. Students will find out what qualities make some books more valuable than others, how and where to research to determine their value, and what markets are available to them. There is a 12-book maximum.
B. Seymour, Colebrook Book Barn
Oct 12 Tuesday 6:00-8:30pm 1 session $25

NUTRITIONAL AND INTERVENTIONS FOR ADHD, ANXIETY, AND BEYOND
Explore effective integrative and nutritional interventions for a happy, healthy, and focused brain. The brain has a greater ability to heal than anyone has permitted you to believe by addressing nutritional deficiencies, gut health, toxic burden, genetic mutations, and other underlying pathologies. Gain greater understanding on how to reclaim the health of your children and yourselves through natural interventions and remedies. “Healing Without Hurting” (ISBN #0989452980) is required for this class. Please call 1-800-300-4781 to check if there is enough enrollment. Option to purchase a book for $20 from the instructor. J. Giustra-Kozeck, LPC
Oct 12 Tuesday 6:30-8:30pm 4 sessions $79

REGISTRATION DEADLINE
Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment. Register at www.edadvance.org/registration
Adult Education Enrichment.
**TWO CLASSES PRESENTED BY JESSICA BARTLETT**

**FLOWERS!**
Learn simple watercolor brush techniques to create some stunning floral studies! Drawing skills need not apply! All we need is a round brush and fun colors. Topics include an introduction of materials, basic paint handling skills, and the magical element of suggestion in painting. All levels of experience are welcome.

J. Bartlett  
Oct 4 Monday  
6:00-8:00pm  1 session  $20

**GEORGIA ON MY MIND**
Make a botanical masterpiece inspired by one of the most significant artists of the 20th century: Georgia O’Keeffe. Don’t worry about the drawing! A sketchbook scale copy of just the drawing will be sent out to students ahead of time to transfer. Topics include an introduction of materials, basic paint handling skills, and the magical element of water in painting. All levels of experience are welcome.

J. Bartlett  
Oct 18 Monday  
6:00-8:00pm  1 session  $20

**COMPUTERS**

**INTRO TO COMPUTERS**
Designed for the novice with little computer experience. This class is based on Windows 10. You will learn about computer terms, basic computer use, how to save a file, desktop shortcuts, and much more.

J. Wollman  
Sept 13 & 15 Mon/Wed  
6:00-8:00pm  2 sessions  $40

**INTRO TO GOOGLE**
Learn how to navigate Google Chrome, set bookmarks for websites, and use Gmail and Google Drive. Participants must have a working google account prior to class (Example: joesmith@gmail.com).

J. Wollman  
Oct 4 & 6 Mon/Wed  
6:00-8:00pm  2 sessions  $40

**LANGUAGES**

**BEGINNER IRISH**
The emphasis of this course is conversation. Learn how to greet people and talk about your family and where you live. Speak simple sentences to carry on basic conversation. Discuss sentence structure, pronunciation, and more sources for additional learning. There will be a book available for optional purchase in class for $13.

N. Soraghan  
Oct 6 Wednesday  
6:30-8:00pm  4 sessions  $59

**RECREATION & LEISURE**

**TENNIS FOR ADULT BEGINNERS**
This Adult Beginner Tennis Program at Pinewoods Health and Racquet Club in Torrington will teach you the basics of tennis and will have you learning how to play real games by the end of it. The class will cover ground strokes, volleys and serve as well as scoring and doubles positioning when the students are ready. Participants should wear sneakers and can borrow tennis racquets. Pinewoods will customize a time outside of the offered times for a new group if you would like, Call Bob Cofer at (860) 482-9424 to set up. CLASSES HELD AT PINEWOODS HEALTH AND RACQUET CLUB, 104 PINEWOODS ROAD, TORRINGTON.

**ALL CLASSES ARE $66 FOR 4 CLASSES**

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<th>Date</th>
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<th>Instructor</th>
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<td>Sept 21</td>
<td>Tuesday</td>
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<td>Sept 23</td>
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<td>Oct 18</td>
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<td>Oct 19</td>
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**ARTS & CRAFTS**

**MAGAZINE ART**
Create a beautiful 8x10 inch picture using magazine cut outs. The picture can be a self-created mosaic or replica of a famous artwork. Please bring old magazines. There is a $5 material fee payable to the instructor at the beginning of first class. J. Peters

Sept 20 Monday  
6:30-8:30pm  2 sessions  $40

**LANGUAGES**

**ABC ITALIAN**
You will be introduced to basic vocabulary and sentence structure in the present tense suitable for a wide variety of tourist situations. Learn useful Italian words and common phrases for travel, questions, exchanging pleasantries, dining out, and asking for directions. If you can say the right simple phrases at the right time, you will discover how useful and funny your travel experience can become. V. Isaku

Oct 20 Wednesday  
6:00-8:00pm  4 sessions  $79

**GERMAN FOR TRAVEL**
This course is designed for the student who is planning to travel in a German-speaking country. We will go over useful everyday phrases, making hotel reservations, camping, dining, and more. Lively lessons are paired with visual and auditory aids, thereby making your learning experience enjoyable. C. Byram

Oct 18 Monday  
6:00-8:00pm  4 sessions  $79
PERSONAL DEVELOPMENT
INTRO TO ENERGY HEALING
Participants will learn how to encourage their body to balance its own energy system. This is a practice in relaxation and stress reduction. Learn to center yourself, feel the universal energy and scan your body for energy blockage. This class is a good precursor for Reiki.
C. Byram
Sept 22          Wednesday
6:00-8:00pm 1 session $20

CRAFTS & CRAFTS
MOSAICS WORKSHOP
Participants will learn how to cut glass using mosaic tools and grout the finished project. In addition, will learn about types and styles of mosaic techniques and will bring their own finished product home. There is a $5 material fee (cash only) payable to the instructor on the first night of class. M. Lefevre
Oct 13          Wednesday
6:30-8:30pm 1 session $20

STAINED GLASS WORKSHOP BEGINNER
Learn the basic techniques of stained glass: cutting, grinding, foiling, and soldering. Participants will create a sun catcher of their choice to take home. There will be a $10 (cash) material fee payable to the instructor on the first night of class. S. Segovia
Nov 15         Monday
6:00-8:00pm 2 sessions $40

FINANCE
PONDERING RETIREMENT
Are you overwhelmed with thinking about retirement? Do you know all the facts and information you need to make an educated decision? Are you aware of the penalties with Medicare? Could you retire now? When do you claim Social Security? Learn all you need to know from Medicare +Healthcare, Life Insurance, Long Term Care Planning, Social Security Planning and much more. J. Dorso
Nov 10        Wednesday
6:30-8:30pm 1 session $20

RECREATION & LEISURE
BEGINNING BALLROOM DANCING
Learn social dancing fundamentals and the basic steps plus more for several of the most popular ballroom dances! Our goal is to have a fun time in our zero-stress environment - even you "never, ever" dancers will enjoy yourself right away! We will select from among the following each evening: the most popular worldwide dance (SWING), the most popular Latin dance (SALSA), the coolest dance (WEST COAST SWING), the easiest to learn (MERENGUE) and the float-on-air dance everyone should know (WALTZ)! Swing On, J. Zaccaria
Sept 15     Wednesday
6:30-8:30pm 4 sessions $25pp

NAKED MAKEUP LESSON
Love getting your hair styled, but sad when it doesn’t last or can’t mimic what your stylist has done? Learn the tricks of the trade to give yourself salon styled hair at home.
J. Policastro
Oct 18       Monday
6:00-8:00pm 1 session $20

*Masks are required for all IN PERSON classes regardless of vaccination status*
Our goal is to offer high quality, diverse educational programs at affordable prices. NO participants under 18 years of age are allowed.

Course Registration & Confirmation
You may register for any course at any location as soon as you receive this catalog. Your registration has been accepted unless we phone you. We do not mail letters to confirm your registration. We will ONLY contact you if a class is canceled, if dates and/or times change, or if a class is filled to capacity at the time we receive your registration. NO in person registration.

Credit Card Use Processing Fee
There is a non-refundable $1.99 per class fee, charged by the credit card processor, for each order placed by credit card. We encourage Credit Card transaction. Should it be necessary to cancel a class, check refunds will take 8-12 weeks to process. We strongly recommend no cash or check payments due to COVID concerns and length of time for refund requests.

Registration Deadline
The deadline for mail-in registration of general interest courses is one week before the start date of the course or until the class is full. Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment.

Refund Policy
Refunds will only be given if a course is canceled by Foothills Adult Education due to unforeseen circumstances or insufficient registrations. Foothills reserves the right to postpone or cancel classes or change class dates/times if conditions warrant. We will attempt to notify participants by phone or email prior to the published start date of the class if there is a change. Student absence(s) from a class does not result in a refund, credit or make up session. We cannot give a refund if course dates change due to inclement weather. Credit card transaction fees are non-refundable.

Free Adult Education Classes
There is no tuition fee for Pre-GED, ESL, GED®, or Citizenship classes which are available in Falls Village, Southbury, Torrington, Watertown, Winsted, or Woodbury. Credit Diploma or National External Diploma are on appointment basis.

No Charge for Materials For Mandated Courses
In compliance with Connecticut General Statutes Sec.10-73a there is no fee for registrations, books or materials to any adult enrolled in the Citizenship, ESL, Pre-GED or High School Completion programs.

Receipts
If you require a receipt, please include a stamped, self-addressed envelope with your registration.

Materials/Additional Fees
Check course descriptions carefully for additional fees and/or materials required.

Room Assignments
Room assignments will be posted at building entrance. Please report to your room unless otherwise notified.

School/Weather-Related Cancellations
Adult Education classes will not be held when schools are closed for vacation, holiday, parent-teacher conferences, teacher schedule conflicts, or inclement weather unless online. Courses held at EdAdvance are not necessarily canceled when schools are closed.

If inclement weather begins in the late afternoon, please listen to the following stations:

Television: WFSB (Channel 3), WVIT (Channel 4/30), WTNH (Channel 8), or Fox61. Classes canceled due to inclement weather are made up by adding additional classes.

Disclaimer
As a service to the community, EdAdvance offers enrichment courses through its Foothills program. These courses are conducted by persons experienced in their respective fields but who may have certain perspectives and biases about their subject matter to which EdAdvance, its employees, and/or employees do not necessarily subscribe. Therefore, it should be understood by those enrolling in these enrichment courses that EdAdvance and its employees and agents, as a general matter, do not endorse the opinions, personal advice, or political perspectives of enrichment instructors. In addition, registrants acting on the personal advice of an enrichment instructor do so at their own risk. By enrolling in an enrichment course, each registrant agrees that he/she waives any and all claims against EdAdvance, its agents, and employees with respect to the above.

Non-Discrimination
Foothills Adult & Continuing Education, a program of EdAdvance, is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding Foothills Adult & Continuing Educations nondiscrimination policies should be directed to Susan Domanico 860.567.0863

General Accessibility and Accommodation
All activities offered by Foothills Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Susan Domanico at 860.567.0863

* Masks are required for all IN PERSON classes or testing regardless of vaccination status*

DO YOU HAVE QUESTIONS?
Phone: 1.800.300.4781 or 860.567.0863
Fax: 860.567.3381
E-mail: adulted@edadvance.org
Write: EdAdvance
ATTN: Foothills Adult & Continuing Education
P.O. Box 909 • Litchfield, CT 06759-0909
Free Classes:
- Pre-GED
- Citizenship
- English as a Second Language
- General Education Development (GED)
- Credit Diploma
- National External Diploma Program

Ask about our instructor-facilitated online learning & customized training provided on-site and at your convenience.

For more information or to register, call 1.800.300.4781 or visit us online at www.edadvance.org/registration