Site Locations

Residents may take courses at any location.

Litchfield, EdAdvance (Site and Main Office)
355 Goshen Road • P.O. Box 909
Litchfield 06759-0909
Jen Rubbo, Program Associate
rubbo@edadvance.org
860.567.0863 or 1.800.300.4781
Mon - Fri • 8:30 a.m. - 5:00 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 pm. - 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-Brandes, Site Coordinator
azarbrandes@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-Brandes, Site Coordinator
azarbrandes@edadvance.org 860.631.7705
Mon - Wed • 6:00 p.m. - 8:30 p.m.

Plymouth
Terryville High School
33 N. Harwinton Avenue
Terryville 06786
Sonja Selenica, Site Coordinator
selenica@edadvance.org
860.483.8590
Tues & Thurs • 5:30 p.m. - 8:30 p.m.

Partnership Learning Academy
77 Main Street
Terryville, CT 06786

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.

Center Congregational Church
155 Main Street (back door-upstairs)
Torrington 06790

American Job Center
59 Field Street
Torrington, CT 06790
860.496.3500

CALL 1.800.300.4781 for more information on any of these site locations.
Our goal is to offer high quality, diverse educational programs at affordable prices. NO participants under 18 years of age are allowed, except for Boating or Excursions.

Course Registration & Confirmation
You may register for any course at any location as soon as you receive this catalogue. 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.

Registration Convenience Fee
There is a non-refundable $1.99 per class fee 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. A 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. Convenience fees on credit card charges are non-refundable.

Free Adult Education Classes
Registration for free ABE, ESL, GED®, CDP, NEDP, or Citizenship classes are online or appointment basis.

No Charge for Materials For Mandated Courses
In compliance with Connecticut General Statutes Sec10-73a there is no fee for registrations, books or materials to any adult enrolled in the Citizenship, ESL or High School Completion programs. A reasonable book deposit may be charged and refunded when books are returned in good condition.

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.

MASKS are REQUIRED for any IN PERSON Contact or Testing.

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. 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:

Radio: WZBG (97.3fm)-Litchfield
Television: WFSB (Channel 3), WVIT (Channel 4/30), WTNH (Channel 8), Fox61 or call 1-800-300-4781 after 4:00pm. 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 agents, 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 Education 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

DO YOU HAVE QUESTIONS?
Phone: 1800.300.4781 or 860.567.0863
Fax: 860.567.3381
E-mail: domanico@edadvance.org
Write: EdAdvance
ATTN:  Foothills Adult & Continuing Education
P.O. Box 909 • Litchfield, CT 06759-0909
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<td>IN PERSON Enrichment Classes at EdAdvance in Litchfield</td>
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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

### Foothills Participating Districts

- **Litchfield**
  - Plymouth
  - Sherman
  - Thomaston
  - Torrington
  - Watertown
  - EdAdvance

- **Region 1**
  - Canaan
  - Cornwall
  - Kent
  - North Canaan
  - Salisbury
  - Sharon

- **Region 6**
  - Goshen
  - Morris
  - Warren

- **Region 7**
  - Barkhamsted
  - Colebrook
  - New Hartford
  - Norfolk
  - Winsted
  - Winchester
  - Hartland

- **Region 14**
  - Bethlehem
  - Woodbury

- **Region 15**
  - Middlebury
  - Southbury
MANDATED CLASS REGISTRATION

Adult Basic Education (ABE), Citizenship, English as a Second Language (ESL), and High School Completion (GED, National External Diploma (NEDP), High School Credit Diploma (CDP)

Classes resume on January 11, 2021

All classes will continue to be held online.

1. Online Registration

Part 1
If you have access to the Internet and a computer, laptop, tablet, or Smartphone, go to www.edadvance.org/adulted and click on the blue Register For Adult Ed Courses box. Select class meeting time and enter your name, address, contact information.

Part 2
Each student who uses the online option will also need to complete a more detailed paper Student Information Form to collect state required information to complete the registration process. This form will be emailed or mailed to students and must be completed and returned by mail or dropped off at the EdAdvance office. DO NOT EMAIL BACK A COMPLETED FORM due to concerns about information security.

Part 3
If you are new to the program, you will be scheduled to take a placement test. A testing appointment must be scheduled by the end of January.

2. Limited in-person Registration

Come to one of the registration sites. Days and times are limited. Entry will be limited to allow for social distancing and sanitizing computers between users. You must be symptom free, wear a mask, and sanitize your hands when entering.

Days and times vary by site. Please allow 90 minutes to complete the Student Information Form and take a placement test if you are new to the program.

Please note the list of school districts and towns that participate in the EdAdvance program on page 1 on the catalog. Only adults who live in these towns can attend our classes. Please visit https://portal.ct.gov/-/media/SDE/Adult-Ed/providerdirectory.pdf for the list of programs that serve your town.
Register at one of the following in-person registration sessions

Please note that these registration sessions are subject to change. We will announce changes on our website: https://edadvance.org/adulted and post signs onsite if the session needs to be cancelled.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>EdAdvance</td>
<td>355 Goshen Rd, Litchfield Community Room</td>
<td>Monday, January 4</td>
<td>9:00 am-12:00 pm No testing after 11:00 am 4:00-7:00 pm No testing after 6:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tuesday, January 5</td>
<td></td>
</tr>
<tr>
<td>Steps at East School</td>
<td>215 Hogan Drive, Torrington Cafeteria</td>
<td>Wed., January 6</td>
<td>5:00-7:00 pm No testing after 6:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thurs., January 7</td>
<td></td>
</tr>
</tbody>
</table>

Do not attend if feeling ill. Masks must be worn at all times.

Register ONLINE at www.edadvance.org/adulted.
- This is the express registration. You will need to complete a full registration form and schedule a placement test when class starts.

You can register for most classes at any time during the semester.

Can’t get online or make it to one of the in-person registration dates?

Request a paper registration form from adulted@edadvance.org or call 860-567-0863 to have a form mailed to you. Registrations cannot be taken over the phone.
HOW DO ONLINE CLASSES WORK?

ABE, GED, CDP, ESL OR CITIZENSHIP

Step 1: Register for your class.

Step 2: You are assigned to a class.
Once you have registered, you will be assigned to a class. Your teacher will email you with directions on how to connect to the class (Zoom link, Google Classroom code, or other platforms to be used in the class).

Step 3: Attend classes online.
Online classes will meet on a regular schedule, the same day and time each week.
• You will meet live with the teacher by phone (talk or text), app (WhatsApp), video conferencing (Zoom), or in an online platform (Google Classroom).
• Your teacher may ask you to do practice work or home work that you do on your own.
Your teacher will go over the assignment(s) when you meet and will answer questions in the next class.

Keys to Success:
★ Keep to a regular routine
★ Try to attend class as much as possible
★ Participate as much as possible - attend class and participate while there.
★ Enter online classrooms ready to learn.
★ Interact with the teacher and other students respectfully.
★ Present yourself in a professional and serious way.
That includes dressing appropriately for being out in public.
★ Minimize distractions. Find a place to study that is somewhat quiet.
No eating and drinking during class (without teacher permission)
★ Let your teacher know if you need help
## ONLINE CLASS MEETING TIMES

### ONLINE Citizenship: Prepare for the U.S. Naturalization Test

<table>
<thead>
<tr>
<th>Online Class meeting times</th>
<th>Start date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesdays 10:00-12:00pm</td>
<td>January 11</td>
</tr>
<tr>
<td>Thursdays 6:30-8:30 pm</td>
<td>January 14</td>
</tr>
</tbody>
</table>

### ONLINE English as a Second Language (ESL): Improve your English speaking, listening, reading and writing

<table>
<thead>
<tr>
<th>ONLINE Class Meet Time</th>
<th>Level</th>
<th>Start date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesdays 9:30-11:00 am</td>
<td>Beginner</td>
<td>January 11</td>
</tr>
<tr>
<td>Monday &amp; Wednesdays 9:30-11:00 am</td>
<td>Intermediate</td>
<td>January 11</td>
</tr>
<tr>
<td>Monday &amp; Wednesdays 5:30 - 7:00 pm</td>
<td>Newcomer</td>
<td>January 11</td>
</tr>
<tr>
<td>Monday &amp; Wednesdays 5:30 - 7:00 pm</td>
<td>Beginner</td>
<td>January 11</td>
</tr>
<tr>
<td>Mondays &amp; Wednesdays 5:30-7:00pm</td>
<td>Intermediate</td>
<td>January 11</td>
</tr>
<tr>
<td>Tuesdays &amp; Thursdays 9:30-11:00 am</td>
<td>Beginner</td>
<td>January 12</td>
</tr>
</tbody>
</table>

### IN PERSON English as a Second Language (ESL):

<table>
<thead>
<tr>
<th>Location</th>
<th>Class Meeting Times</th>
<th>Level</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps at East School 215 Hogan Dr. Torrington</td>
<td>Tuesdays &amp; Thursdays 5:30 - 7:30 pm</td>
<td>Beginner</td>
<td>January 12</td>
</tr>
</tbody>
</table>
GED® Exam Information

Earn Your High School Diploma

For test takers 17 or 18 years old: Connecticut General Statutes, Section 10-5(a) requires 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:

<table>
<thead>
<tr>
<th>January</th>
<th>19, 21, 26, 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>2, 3, 11, 24, 25</td>
</tr>
<tr>
<td>March</td>
<td>4, 10, 17, 22</td>
</tr>
<tr>
<td>April</td>
<td>1, 7, 14, 21, 28</td>
</tr>
<tr>
<td>May</td>
<td>6, 12, 19, 26</td>
</tr>
<tr>
<td>June</td>
<td>3, 8, 14, 29, 30</td>
</tr>
<tr>
<td>July</td>
<td>7, 14, 15, 19</td>
</tr>
<tr>
<td>August</td>
<td>12, 19, 26</td>
</tr>
</tbody>
</table>

Additional dates will be available in Fall 2021.

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.
ONLINE GED® Preparation Classes

Review the skills and content needed to pass the four GED® subject tests

<table>
<thead>
<tr>
<th>Online meeting times</th>
<th>Focus</th>
<th>Start date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesday 9:00-11:00am</td>
<td>All subjects</td>
<td>January 11</td>
</tr>
<tr>
<td>Monday &amp; Wednesday 1:00-3:00pm</td>
<td>All subjects</td>
<td>January 11</td>
</tr>
<tr>
<td>Mondays 6:00-8:00pm</td>
<td>Math, Science</td>
<td>January 11</td>
</tr>
<tr>
<td>Wednesdays 6:00-8:00pm</td>
<td>Language Arts: Reading and Writing</td>
<td>January 13</td>
</tr>
<tr>
<td>Tuesday &amp; Thursdays 6:00-8:00pm</td>
<td>All subjects</td>
<td>January 12</td>
</tr>
</tbody>
</table>

ONLINE ABE : Adult Basic Education Classes

Improve your reading and math basic skills. This is a pre-GED® course

<table>
<thead>
<tr>
<th>Online meeting times</th>
<th>Focus</th>
<th>Start date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesdays 1:00 - 2:30pm</td>
<td>Math &amp; Reading</td>
<td>January 11</td>
</tr>
<tr>
<td>Tuesday &amp; Thursdays 6:00-7:30pm</td>
<td>Math &amp; Reading</td>
<td>January 12</td>
</tr>
</tbody>
</table>

IN PERSON GED® Preparation Class:

Review the skills and content needed to pass the four GED® subject tests

<table>
<thead>
<tr>
<th>Location</th>
<th>Class Meeting Times</th>
<th>Focus</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps at East School</td>
<td>Tuesdays &amp; Thursdays 5:30 - 7:30 pm</td>
<td>All Subjects</td>
<td>January 12</td>
</tr>
</tbody>
</table>
FREE CLASSES
High School Completion Options at EdAdvance

National External Diploma Program (NEDP)
Use the skills you’ve gained from life and work experience to demonstrate your reading, writing and math high school level skills. This program is also open to adults who live outside the EdAdvance service area in the greater Waterbury and greater Danbury area. Call to see if you can participate.

This web-based program for adults and out-of-school youth offers flexibility to earn your diploma even if you are employed full time, enrolled in job training, or have other commitments.

• Complete the program in 6 to 12 months
• Flexible and confidential
• Work at home, the library, wherever you have a computer

Adult High School Credit Diploma Program (CDP)
Apply credits that you earned in high school towards graduation from our evening school program. Students may also earn credits for qualifying work or military experience. Classes are also available through the CT Adult Virtual High School.

Students take classes in English, Math, Science, Social Studies and electives to earn 22 credits needed for a diploma. This will go up to 23 credits for those who register Fall 2021. A minimum of 48 hours of class time is required per credit.

Classes meet online 5:00-7:00 PM and 7:00-9:00 PM. Attendance is mandatory at each class.

An appointment with our school counselor is MANDATORY to develop a graduation plan.

Call 860.567.0863 x 1133 to schedule an appointment. Be prepared to bring these items:

• Copy of most recent high school transcript (contact your last school’s Guidance Office)
• Social Security Number
• Official high school withdrawal letter with parent signature (for 17 & 18 year olds)

Allow at least one hour for your appointment
Program Enhancement Projects

If you are a student enrolled in one of our Adult Basic Education, GED® Prep, or English as a Second Language classes, you can participate in one of our exciting programs that help you build your skills. Most of these programs are available for FREE.

Workforce Readiness
Enroll in one of our classes to participate in interest, skill, and career exploration. Learn about important “soft skills” needed for job success. Create a portfolio including a cover letter, resume, and other materials to apply for jobs.

Integrated Education and Training
- Pre-apprenticeship program that can lead to manufacturing apprenticeship
- FREE Food Handler training with English language support
- FREE Computer Skills
- Certified Nurse Aid training with English language support

Integrated English Literacy and Civics
This class for English Learners includes
- access to one of the career or technology training areas,
- job readiness training
- study of American civics
- Improving English communication through reading, writing, and speaking
Students take virtual trips to learn about local and state government and to the American Job Center.

Family Literacy
For parents/caregivers
- Improve English Language or academic skills through adult education classes
- Learn important digital literacy skills to assist children with distance learning
- Participate with children in family-themed activities that promote literacy and learning
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 1.800.300.4781 Jen Rubbo x1118 for more details. Note: For those who need recertification you will need to call Prometric at 1.866.499.7485. Register at www.edadvance.org/registration, Adult Education Enrichment, CNA Training w/full payment.

<table>
<thead>
<tr>
<th>DAY - 9 weeks</th>
<th></th>
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<tr>
<td>April 21 - June 16</td>
<td>Wed/Thurs</td>
</tr>
<tr>
<td>8:30-2:30pm</td>
<td>Class at EdAdvance</td>
</tr>
<tr>
<td>8:00-2:00pm</td>
<td>Valerie Manor, Torrington</td>
</tr>
<tr>
<td>$900*</td>
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A schedule will be handed out on the first day of class.

<table>
<thead>
<tr>
<th>EVENING - 11 weeks</th>
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<tr>
<td>April 7 - June 16</td>
<td>Wed/Thurs</td>
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<tr>
<td>5:00-9:00pm</td>
<td>Class at EdAdvance</td>
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<tr>
<td>4:00-10:00pm</td>
<td>Valerie Manor, Torrington</td>
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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.

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. A. Devlin

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

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<th>Date</th>
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<tr>
<td>March 27</td>
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PARAPROFESSIONAL ASSESSMENT AT EDADVANCE, LITCHFIELD

PARAPROFESSIONAL ASSESSMENT EXAM
EdAdvance offers the online 2.5hr Paraprofessional Assessment Exam at EdAdvance, 355 Goshen Rd., Litchfield. **MASKS must be worn when entering building and during the exam.**

A paraprofessional needs to satisfy one of the following;
1.) An Associate Degree
2.) Two years of college or demonstrate, through a state or local academic assessment, 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 at [https://www.ets.org/parapro](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.**


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](http://www.edadvance.org/registration), Paraprofessional Assessment Exam

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

TRIPS & TOURS

Thank you for your patience and understanding.

This semester Foothills Adult Ed. will be offering some classes in-person. 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. This will mean masks must be worn at all times in the building, classrooms will be set up to allow social distancing, and all surfaces will be disinfected before and after class. If you are sick, please stay home.

If you have any questions, please contact us at 800.300.4781 or adulted@edadvance.org.
CAREER TRAINING PROGRAMS

How to Start:
1. Visit the online catalog at: https://careertraining.ed2go.com/ftls
   (type in Title Bar, not the search box)
2. Click on one of the Courses listed to the left of your screen. Click on the individual hyperlinks to view program descriptions in detail. Select the program in which you wish to enroll. Submit your information and select Register Now.

Start Dates:
Enrollment is ongoing. You can sign up at any point, at any time.

Requirements:
All courses require Internet access and e-mail. Some courses may have additional requirements.

Price:
Training programs are $500 and up.

Please note: Once the program curriculum is accessed online or through submission of a material shipment confirmation, refunds cannot be issued.

Register at:
https://careertraining.ed2go.com/ftls

100+ OFFERINGS FOR CAREER TRAINING ONLINE CLASSES:
We think learning should be easy.

Online Learning

Take ed2go courses from the comfort of your own home and at times that are most convenient for you. We believe you will find ed2go courses to be highly interactive, informative, and enjoyable, as well as convenient. The instructors create a warm and supportive community of learners.

All courses run 6-8 weeks (with a 2 week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. The classroom is available to you 24/7. You can complete any of these courses entirely from your home or office and at any time of the day or night.

EXAMPLES OF JUST A FEW OF OUR OFFERINGS:

ADMINISTRATIVE DENTAL ASSISANT
A dental assistant's duties typically involve managing medical records, accounts receivable, and reimbursement, as well as billing patients and insurance, scheduling patients, and performing procedural and diagnostic coding. You'll also learn important foundational skills such as dental terminology and anatomy, as well as written and oral communication skills.
150hrs $1,795.00

CATERING PROFESSIONAL
In our Catering Professional course, you will have the opportunity to work alongside a variety of skilled professionals and cater to an assortment of food and beverage requests. You will learn the foundations of event planning, food and beverage management, sales and marketing, human resources, accounting practices, and legal contracts.
100hrs $1,295

VIDEO GAME DESIGN & DEVELOPMENT
Using a comprehensive and analytical approach to game development, this course offers you the opportunity to learn how to effectively implement technical game ideas, assuming no prior training or experience. The curriculum is divided into four major areas of study: programming languages, mathematics skills, game asset creation, and modern real-time game engines. It will conclude with an independent study phase where you will design, document, and create your own game using all of the programming and game art skills you learned in the core classes. This course is entirely online and is completed at your own pace.
500hrs $1,995
Convenient, Affordable, and Effective.
Take our Foothills online courses from the comfort of your own home or office at times that are most convenient for you.

How to get started:
1. Visit our Foothills Adult Education Online Instruction Center: Type in Title Bar: https://www.ed2go.com/ftls
2. Click the courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

**COMPUTER SKILLS FOR THE WORKPLACE**
This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today’s fast-changing workplace. We’ll focus on practical application for software most common to the workplace. $115

**DISCOVER SIGN LANGUAGE**
Throughout the course you will learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language. This course is taught using the best practices of the industry with a minimum of audio support. Throughout, you will be immersed in silence, so you will gain an understanding of the perspective of Deaf people and sign language. $99

**EVERYDAY MATH**
This course will show you how to use math to your advantage. You won’t find any theory or memorization here. The lessons that make up this course are filled with practical exercises and information that you can put to immediate use. You will find out some very interesting things about how calculators work, and then you will discover how best to get a handle on your income and expenses. $115

**GRE PREP SERIES**
If you're planning to apply to graduate school, you'll likely have to take the GRE. This series is here to help! Part 1 takes you through all the question types on the verbal reasoning and analytical writing sections. Part 2 features a Math review as well as how to tackle the GRE's unique new question formats. $199

**INTRO TO INDESIGN CC (CREATIVE CLOUD)**
The course is applicable to any version of InDesign CS4 or newer. In each lesson, we’ll cover an important aspect of InDesign CC as you prepare a range of print and online products for a fictional company, Natalie’s Nautical Emporium. You’ll get dozens of files to work with, including a partially completed InDesign document used to start each lesson. Then you’ll use the downloaded graphics, images, fonts, and other content to complete the project. Check your work or troubleshoot any problems you encounter, you’ll always get a copy of the finished InDesign project file. $115

**MEDICAL TERMINOLOGY: A WORD ASSOCIATION APPROACH**
This course teaches medical terminology from an anatomical approach where root terms are divided by each body system. You’ll look at each root term, its origin, a combined form, and an example of non-medical everyday usage. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term $115

**QUICKBOOKS 2016 SERIES**
Whether you’re a small business owner or an accountant in need of a QuickBooks refresher, this series of courses will teach you the skills you need to navigate the latest version of the software like a pro. $199

**SPANISH FOR MEDICAL PROFESSIONALS**
Are you struggling to communicate with your Spanish-speaking patients? If so, here’s the perfect solution. Whether you’re new to the Spanish language or just want a refresher, this fun and simple course will give you the basic tools you need to bridge the communication gap. $115

Start dates for all courses: You choose what is best for you when you register online. *dates subject to change, please double check when you register*

All courses require Internet access, e-mail and Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please register at https://www.ed2go.com/ftls
Enjoy enrichment classes from the comfort of your home

- Computers
- Arts & Crafts
- Home Improvement
- Personal Development
- Recreation & Leisure
- Music & Dance
- Language
- Finance

Classes are for adults 18 years of age or older.

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

**NO in person registration at this time.** Online Credit Card or Mail In payments accepted. We strongly recommend no cash or check payments due to COVID concerns and the length of time to process refunds, if necessary.

Students will receive information from their instructor containing the class access code plus any additional information about supplies or materials for the class if needed. Please call our office before 3:30 pm if you have not received an email containing the class information by the day of the class.

For the enjoyment of all, please respect these simple rules:

- Sign onto class ready to learn.
- Interact with the teacher and other students respectfully.
- Present yourself in a professional and serious way.
- Minimize distractions.
WELCOME TO FOOTHILLS ADULT ENRICHMENT PROGRAM
Register at: www.edadvance.org/registration, Adult Education Enrichment
CLASSES FOR ADULTS 18 years and older. Most classes are ONLINE

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

COMPUTERS

ADVANCED GOOGLE
This course will cover how to organize Gmail, add labels, sort, schedule and send, create docs/sheets and slides, how to download and share with other Google users and organizing drive/creating folders. We will also be showing how to organize accounts with multiple Gmail and how to upload to Google Drive.

J. Wollman
March 23 & 25           Tue/Thur.
6:00-8:00pm             2 sessions          $40

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 “hands-on” experience.

D. Thompson
May 10                  Monday
6:00-8:00pm             1 session            $20

BLOGGING FOR BEGINNERS
A course for those new to blogging or who have a free blog and want to monetize their site. You will learn how to start a WordPress blog, choose your niche and avatar (ideal audience), and what plugins you should have for WordPress.

D. Ferieira
May 3                   Monday
6:00-8:00pm             4 sessions          $79

EXCEL I & II
In this class we will cover the basics and the more advanced functions of Excel. We will explore the workbook, worksheets, ribbon, charts, filters, formulas, what “IF” statements, and linking data. Be prepared to move quickly through some of the finer points of Excel. Handouts and videos will help you to practice at home. These skills will help you at work, in your own business, or even in your home budget. Prerequisite: Basic Keyboarding skills and some experience with Excel.

B. Tate
March 11               Thursday
6:30-8:30pm             2 sessions          $40

HOW TO USE YOUR MAC AND ORGANIZE YOUR FILES
Most people use their computers for emails and the Web, but do not venture further to organize their files. This course will concentrate on your Mac’s “Finder” to locate and organize your files.

M. Jay
March 9              Tuesday
6:00-8:30pm             2 sessions          $50

INSTAGRAM FOR BUSINESS
Want to know how to make the fastest growing social media platform work for your business? We will go over the basic skills necessary to achieve that and more. Learn how to use the platform, gain followers, grow your business, and interact with high profile pages to continue your growth. PC or Mac is fine as we will look at those platforms, but please bring an android or iOS device with a built-in camera to get the most out of this course.

Staff
Apr 12              Monday
6:30-8:30pm             2 sessions          $40

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

J. Wollman
Apr 27 & 29           Tue/Thur
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
March 2              Tuesday
6:00-8:00pm             2 sessions          $40

INTRODUCTION TO WORD
In this course, you will learn the basics of Word needed to write and edit documents. You will also learn to create, format, and organize Word documents, while gaining confidence with using Word at work and at home.

B. Tate
Feb 18              Thursday
6:30-8:30pm             2 sessions          $40

SELLING ON EBAY
This class will teach you the basics of selling on eBay and how to avoid pitfalls that come with it. You will learn about auctions, setting prices, writing descriptions, and how to take photos of your items. We cover selling only.

Staff
Feb 22              Monday
5:30-8:00pm             1 session          $25
ONLINE

SELLING ONLINE
This class will show you how to use the many websites, eBay, Craigslist, Offer UP, & more, available to you for selling. You can start a home business or make some extra money using the 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

March 10       Wednesday
6:30-8:00pm    1 session  $20
May 13         Thursday
6:30-8:00pm    1 session  $20

SOCIAL MEDIA FOR BUSINESS
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

Apr 1          Thursday
6:30-8:30pm    2 sessions $40

WHAT THE HECK IS ICLOUD?
If you have an Apple device, you may be mystified by iCloud as well as its relationship to your Apple ID. Professional tech tutor, Michael Jay, will lead an interactive workshop on this powerful feature which enables some of the most valuable aspects of the Apple system.

M. Jay
March 9        Tuesday
6:00-8:30pm    2 sessions $50

WINDOWS 10
Get all the tips, tricks, and techniques to navigating, customizing, and working with Windows 10. Learn about the apps, accessories, file system, and other tools including the new groundbreaking browser, Edge.

Staff
March 3        Wednesday
6:00-8:00pm    2 sessions $40

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 emailed to you at least one week prior to class.

F. Tway-Grant
Apr 6          Tuesday
6:30-8:30pm    2 sessions $40

ARTFUL VALENTINES: HEIRLOOMS CARDS
Create beautiful Valentine cards and postcards using collage and painted papers to mail to family and friends. You will also learn to decorate envelopes to go along with your postcards. Who would not want to receive a handmade Valentine? T. Hlas

Feb 3          Wednesday
6:00-8:00pm    2 sessions $40

CARD MAKING WITH A ZEN DOODLE FOCUS
Find your creative spirit and relax with Zen doodling and finish with some of your own personalized cards for family and friends. No experience necessary. A suggested supply list will be emailed to you at least one week prior to class.

F. Tway-Grant
Apr 20         Tuesday
11:00am-12:30pm  2 sessions $30

CELL PHONE PHOTOGRAPHY
Get more out of your cell phone camera by taking control and stopping your use of automatic settings. Learn how to create great compositions of any subject. Topics you will learn are how to use and understand your camera in manual mode, compose and create photographs for online use and in print, and understand how to maximize the power of your cellphone camera.

T. Padgett
Apr 12         Monday
1:00-2:30pm    6 sessions $90

DRAWING BASICS
Students will gain important skills in drawing. Lessons will cover media, techniques, and artist exercises to reinforce learned material. Students will complete several studies. Materials: a collection of Graphite pencils such as 3B, 5B, kneaded eraser, vinyl eraser, drawing paper (9x12 or 11x14” are good sizes). Suitable for beginners through advanced.

S. Kwashnak
Feb 2          Tuesday
6:30-8:00pm    2 sessions $30

EASTER JOY: MAKING ARTFUL CARDS
Easter and Spring, beautiful times to create lovely cards and postcards using collage and painted papers to mail to family and friends. Create handmade Easter postcards as well as decorate envelopes. Share your joy with a handmade Easter card!

T. Hlas
March 24       Wednesday
6:00-8:00pm    2 sessions $40

HAND SEWING FOR BEGINNERS
Learn the basics of sewing by hand in this extensive five lesson course. You also will learn about fabric choices, stitches, tools, threads and finishing techniques. Learn to use a variety of stitches and techniques to reflect individual style, and how to under and apply knowledge and skills to other projects.

D. Zilich
Apr 28         Wednesday
6:00-8:00pm    5 sessions $99
ONLINE

INTRODUCTION TO ORIGAMI
Students will learn to understand how to fold traditional and modern origami. We will go over multiple origami designs and themes, such as plants and animals.
M. Myers
Feb 15  Monday
6:30-8:00pm  5 sessions $75

INTRODUCTION TO SEWING WITH A MACHINE
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
March 8  Monday
6:00-8:00pm  5 sessions $79
*no class 4/5

LILY & VINE FLORAL DESIGN - SIGNS OF SPRING
This class will focus on the basics of creating a spring table arrangement with fern, assorted greens and a bird nestled among beautiful spring blooms. Hard and fresh goods, including floral shears, container, cut flowers and novelty items, will be provided in a box for curbside, contactless pick up at the shop prior to the class time. Call 860-489-0400 to schedule the pickup. Materials fee $25.
T. Dowd
Feb 20  Saturday
4:00-5:00pm  1 session $20

LILY & VINE FLORAL DESIGN - BELLS OF IRELAND
March is finally here which means spring is quickly approaching. The season brings an abundance of scented blooms popping up through the snow-covered green grass. This class will use the Bells of Ireland bulb flowers, greens, and grasses to create an inspiring aromatic vase arrangement. Hard and fresh goods, including floral shears, container, cut flowers and novelty items, will be provided in a box for curbside, contactless pick up at the shop prior to the class time. Call 860-489-0400 to schedule the pickup. Materials fee $25.
T. Dowd
March 13  Saturday
4:00-5:00pm  1 session $20

LILY & VINE FLORAL DESIGN - SPRING GARDEN
April brings budding trees, and all the beauty nature has to offer. This spring arrangement in a rectangle garden style container uses spring blooms and colors to create a beautiful table piece with a clay pot, moss, and eggs. Hard and fresh goods, including floral shears, container, cut flowers and novelty items, will be provided in a box for curbside, contactless pick up at the shop prior to the class time. Call 860-489-0400 to schedule the pickup. Materials fee $25.
T. Dowd
Apr 17  Saturday
4:00-5:00pm  1 session $20

PEN AND INK WITH WATERCOLOR DRAWING
From illustrated manuscripts to printed media, pen and ink with watercolor drawings have held a place of honor throughout the years. In this class, participants will learn valuable skills of creating a drawing using pen, ink, and watercolor. All levels are welcome. Instructor will contact students with a supply list prior to the first class.
S. Kwashnak
Apr 6  Tuesday
6:30-8:30pm  4 sessions $79

WATERCOLOR CROCUS
This is a beginner class. The course includes color mixing, brush strokes and shading. Students will complete a finished crocus painting. Supplies needed: Mixed media or watercolor paper, assortment of brushes, watercolors, and paper towels.
S. Kwashnak
May 4  Tuesday
6:30-8:30pm  2 sessions $40

4 CLASSES PRESENTED BY JESSICA BARTLETT

DOT DOT SEURAT
A closer look at Pointillism as a technique. Create a magical acrylic or watercolor painting in the style of Seurat. Students learn about pointillism as a technique and learn to create beautiful colored masterpieces with dots.
Apr 6  Tuesday
9:00–12:00pm  1 session $30

LOUISA MARRIASDOTTIR AND ICELANDIC HORSES
Travel in the time of social distancing through art! Create an equine themed painting in the style of the post-war masters. Students learn to abstract observed images through geometry and reduction based on shape and colors.
Apr 13  Tuesday
9:00–12:00pm  1 session $30

FRIDA KAHLOR PORTRAITS
Students learn basics of portraiture and simple face drawing techniques. When combined with allegorical flora and fauna backgrounds, we create portraits. Students learn about allegorical painting and expressionism. Painting is a personal journey.
Apr 20  Tuesday
9:00–12:00pm  1 session $30

MAGICAL MONET
Students take a look at the waterlilies and create their own water lily composition using our watercolor magic techniques.
Apr 27  Tuesday
9:00–12:00pm  1 session $30
ONLINE

USING SMARTPHONES, DSLR OR FILM CAMERAS
An overview of smartphone/tablet camera use, an examination of common and not so common DSR modes, techniques, equipment, and a broad view of using traditional film-based cameras and processing. Students will learn to better use their smartphone/tablet camera system to create better photographs.
T. Kubis
Feb 16       Tuesday
6:30-8:00pm  3 sessions $45

WATERCOLOR SPRING
This beginner class teaches watercolor techniques to paint spring scenes. The course includes color mixing, brushstrokes, and shading. Students will complete a finished painting. Instructor will contact students with a short supply list.
S. Kwashnak
May 19       Wednesday
6:30-8:30pm  2 sessions $40

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, or wrap a stone for use as a pendant. Tools needed for class are: small wire cutter, flat nose and round nose pliers, chain nose pliers. The instructor will contact students with a supply list prior to the first class.
S. Tocci
Apr 5        Monday
6:00-8:00pm  3 sessions $59

HOME IMPROVEMENT

ADAPTIVE GARDENING
Do not give up on the garden you love. If injury or arthritis has stopped you, learn about ways to modify your garden and the tools and gadgets you can use. Discussions include raised flower and vegetable beds, flowerpot and hanging gardens, even gardening with a friend or relative to share duties. Let us make gardening fun again!
W. Fahy
Feb 24       Wednesday
6:30-8:00pm  1 session $20

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. This lecture shows how these design principles can be applied in conjunction. It is recommended, but not required, that participants attend “Taming of the Shrubs” class prior to this class.
D. Silver
March 10     Wednesday
6:00-8:00pm  1 session $20

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
Feb 22       Monday
6:00-8:00pm  2 sessions $40

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
May 19       Wednesday
6:00-8:00pm  1 session $20

FLUID TRANQUILITY: FUNDAMENTALS OF WATER GARDEN DESIGN
The water feature is a vital element in the Japanese Garden. This lecture will discuss how water features are created and the principles of their design and installation. Special emphasis will be put on how even the smallest gardens can incorporate a water feature. Topics include, site selection, design, waterfalls, creating rivers, pump and filter selection, fish, and plants for the water garden.
D. Silver
May 12       Wednesday
6:00-8:00pm  1 session $20

FUNDAMENTALS OF BEGINNING BEEKEEPING
Lecture on bee biology, bee behavior, how to maintain a bee colony, and bee diseases and pests. Participants will gain knowledge to start their own colony and learn how to inspect a colony safely. Optional field trip, separate from this class, offered Saturdays, 10am-12pm May 29 & June 5 at an apiary in Bethlehem, CT, (address announced in class).
A. Avitabile
May 10       Monday
6:00-8:00pm  3 sessions $59

RAISING CHICKENS
Raising chickens can be a fun activity for an urban homesteader. This class will have first-hand funny stories and practical dos and don’ts. Upon successful completion of the course, students will know what kind of food to feed chicks, how to take care of an adult hen, and how to buy a hen house. Topics include where to buy your fertilized eggs for hatching your live chicks, what kind of food to feed egg laying hens, how much room chickens need to roam, the laws on selling the eggs, and zoning laws.
A. Robitaille
February 22  Monday
6:30-8:00pm  1 session $20
REPLACEMENT WINDOW WORKSHOP
Compare window 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 do not know where to start? Examine Low-E, Argon, Triple Pane, Wood, Vinyl, Composite. How much should I pay for a good quality window? Confused? Do not be! 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
March 9 Tuesday
6:30-8:30pm 1 session $20

A SEMINAR ON FRUIT TREES
The most common question asked in this seminar is: “Why don’t my apple trees have any apples?” Spend two evenings in this seminar, and you will have your answer and know why and how to correctly prune and balance your tree back to health. If you are new to fruit trees, start here. P. Montgomery
May 3 & 4 Mon & Tues
6:00-8:00pm 2 sessions $40

THE TAMING OF THE SHRUBS
Pruning is an art & 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 & training of common garden shrubs, the rationale of pruning, & 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
March 24 Wednesday
6:00-8:00pm 4 sessions $79

PERSONAL DEVELOPMENT
10 WARNING SIGNS OF ALZHEIMERS
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
Feb 4 Thursday
6:00-7:30pm 1 session $20

ARE YOU READY FOR YOUR SUMMER HOLIDAYS/VACATIONS?
Jan will give you tips and strategies to have a fun stress-free summer. Whether you are going to be taking road trips or doing stay vacations Jan will give you great tips to keep everything less stressful and more productive emotionally. Challenges of togetherness during a pandemic are also touched upon. J. Baltrush
June 2 Wednesday
6:00-8:00pm 1 session $20

THE ART OF TEA MAKING: A CLASS & TOUR WITH HARNEY & SONS TEAS
If you have ever wanted to learn more about what goes into that cup of tea, this class is for you. Learn the history and ingredients of this everyday beverage in the first class. Discover what flavors make a successful cup of tea. First class is held online. The second class is a tour of our tea factory in HARNEY & SONS, 5723 Rte 22, Millerton, NY where you can taste several teas. M. Harney
June 2 Wednesday
6:00-8:00pm 2 sessions $40

BE PREPARED, HOME SAFETY FOR SENIORS
You hear about it all the time, “I have fallen, and I cannot get up”. Discuss things you need to know to prevent a loved one’s risk of falling. See some techniques that therapists use to get patients steadier on their feet. Learn small household changes that you can make now to prevent injury. W. Fahy
March 18 Thursday
6:30-8:00pm 1 session $20

BUILDING BETTER RELATIONSHIPS WITH TEENS: “WHAT I WISH I KNEW BEFORE MY KID TURNED 13”
This workshop is a user-friendly resource for anyone who is engaged in the process of raising, nurturing, and educating teens and tweens. The workshop offers hands on, easy to understand, practical strategies used to help parents, mentors and teachers navigate their relationship with teenagers. K. Garrity
Apr 5 Monday
7:00-8:30pm 3 sessions $45

COACHING FOR LIFE
This course is a personal journey of transformation and discovery of yourself and your goals. Participants will explore values, beliefs, and personality qualities. Participants will discover diversity skills and techniques to build their motivation, confidence, and expertise. R. Espinosa-Reyes
Feb 3 Wednesday
6:00-8:00pm 3 sessions $59

COOKING INTERNATIONAL CUISINE ON A BUDGET
Learn several cooking methods using equipment they already own and review the fundamentals of safe food handling before and after preparation. T. Padgett
Feb 1 Monday
1:00-2:30pm 10 sessions $150

CULTURAL DIVERSITY COMPETENCE
Students will learn how to develop their cultural competency by understanding the components of culture, exploring the diversity of experiences and emotions learning about storytelling traditions about from West Africa, and developing an effective communication style for seeking understanding among diverse cultures. A. Mwando
Feb 16 Tuesday
6:00-8:00pm 3 sessions $59
### Easing Stress Through Mindfulness - Part 1 & 2

Part 1 - An introduction to mindfulness practices, the body-mind connection, and how to ease the stresses of everyday life by developing your own natural ability to live thoughtfully and creatively in the present, as well as recognize and respond to stressors as they arise. Part 2 - You will continue to study Mindfulness and complete the MBSR curriculum. K. Crum

**Part 1**
- **Feb 10** Wednesday 6:00-8:00pm 5 sessions $99

**Part 2**
- **March 17, 24** 6:00-8:00pm
- **March 20 (Sat.)** 10:00am-3:00pm $89

### Elements of Film: Film Noir 101

Excerpts of Classic American crime films of the 1940s and 1950s, with their distinctive black-and-white visual style and cynical tone will be shown and discussed. Participants will be conversant with main ingredients of genre, history of film noir.


- **Feb 1 & 3** Mon./Wed. 6:30-8:30pm 2 sessions $40
- **Feb 8 & 10** Mon./Wed. 6:30-8:30pm 2 sessions $40

### 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. Support for those interested in a home practice.

S. Klapper

- **Apr 21** Wednesday 6:30-7:30pm 2 sessions $20

### Foster Care & Adoption

This course will introduce participants to the process of becoming a licensed foster/adoptive parent. Focus will be on foster care and adoption of children in the CT child welfare system. Information regarding licensing prerequisites for families and the stories of children needing to be placed in foster/pre-adoptive homes will be shared.

D. Kelleher

- **March 10** 7:00-9:00pm 1 session FREE
- **May 19** 7:00-9:00pm 1 session FREE

### French Secrets: A Look at Paris Through the Aimee Leduc Crime Series

We will read two mystery novels set in Paris and use them as a springboard for discussion of Parisian culture and history. Novels are written in English. No French experience required. Books required for the class are: “Murder on the Qua (An Aimee Leduc Investigation)”, ISBN # 978-1616958084, and “Murder in the Marai (ISBN # 978-1616957308) Please call 800-300-4781 to check if there is enough enrollment. K. Martin-Ocain

- **Feb 11** Thursday 6:30-8:00pm 4 sessions $59

### Genealogy Basics: Tracing Your Family History

Did you ever wonder about your family ancestry? Enroll in this genealogy class and learn how to get started. The class will discuss core sources related to family research: Vital records, church records, newspapers, immigration, military records and how to find them. S. Lafferty

- **March 24** Wednesday 6:30-8:00pm 2 sessions $30

### Getting Paid to Talk: Introduction to Perfectional Voiceovers

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

- **Feb 18** Thursday 6:30-9:00pm 1 session $25
- **Apr 8** Thursday 6:30-9:00pm 1 session $25

### Healing Angels

For angel lovers. Work as a team to call upon the healing angels (Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah & Michael). Learn a special prayer of invitation, use an angelic heart link, connect with angels who bring you support in your healing journey. S. Dorman

- **Apr 21** Wednesday 6:30-8:30pm 5 sessions $99

### Health and Wellness Using Essential Oils

Learn how to use essential oils. Discussion will include history, different grades, alternative uses. Understand what an essential oil is, purity, importance and how it helps support your body systems. R. Eastman

- **Apr 14** Wednesday 6:00-7:30pm 2 sessions $30
ONLINE

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 Sharon Historical Society and Museum. C. Beer
May 5 Wednesday
6:00-8:30pm 3 sessions $75

HOW ARE YOU GETTING ALONG?
Our ability to thrive is a precious resource when things are "normal", but in tumultuous times, it becomes essential. Understanding self-care, healthy boundaries and interpersonal dynamics are critical skill sets in 2021. Students will learn a deeper understanding of the concept of self-care and begin to sort through the tangled undergrowth of all kinds of relationships. I. Braunstein
March 30 Tuesday
6:30-8:30pm 2 sessions $40

HOW TO HELP YOUR CHILD READ
Attendees will gain insight into the process by which children learn to read and will learn specific strategies to help them improve reading skills. They will also learn to identify activities to help their child read, as well as understand the stages of reading to help children who may struggle. M. Giskin
Feb 16 Tuesday
6:30-8:30pm 1 session $20

HOW TO TALK WITH THE OTHER SIDE
You have been and 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 are able to take this class multiple times. Messages are geared to who is present the day of the class. C. Miller
March 31 Wednesday
6:00-7:30pm 1 session $20
April 21 Wednesday
6:00-7:30pm 1 session $20

INTRODUCTION TO ANGELS
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
Jan 27 Wednesday
6:30-8:30pm 1 session $20

INTRODUCTION TO FICTION WRITING (SHORT STORY & THE NOVEL)
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 gain editing and revising techniques to help students complete their own short story or make significant progress on a novel. A. Gallagher
March 1 Monday
6:30-8:30pm 5 sessions $99

LEARN TO READ TAROT CARDS
This beginning/intermediate course will amaze and delight you as you learn the secrets of Tarot and accurately answer an important question within the first hour. Develop and strengthen your intuition. Instructor will call students with a supply list prior to the first class. Participants may wish to purchase “The Infinite Tarot: The Essential Guide for Connecting to the All-Knowing Source”, (ISBN 978-0991655335) to complement this class. S. Hite
Feb 10 Wednesday
6:30-8:30pm 3 sessions $59

LIVING AND DYING WELL
Learn how to prepare for end of life at any age and offer direction and support to people and their families. Whether it be for yourself, a neighbor, or a loved one, everyone needs to learn these important skills. Learning the end of life doula skills is something every family should have in place. Have peace of mind to make end of life preparations and have a peaceful end of life. I. Harrison
March 8 Monday
6:00-8:00pm 3 sessions $60

LIVING WITH ALZHEIMERS: THE MIDDLE STAGES
Describe typical age-related memory changes, recognize common warning signs of Alzheimer’s and dementia, and explain the importance of early detection. J. Labrie
March 4 Thursday
6:00-7:30pm 3 sessions FREE

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 ushering in a clean slate to simplify your life. K. Colombo
March 2 Tuesday
7:00-8:30pm 1 session $20
THE POWER OF GRATITUDE
Want more happiness and good fortune? We all hear “Be grateful for what you have”, but what does that really mean? Gratitude is more powerful than most of us are taught. Through activities, discussion, and a meditation, we will gain a deeper understanding of gratitude and living a better life. E. Koverman
March 3 Wednesday
6:30-8:30pm 1 session $20

TRANSFORMATION AT ANY AGE!
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 create a new mindset. L. Monaco
June 9 Wednesday
6:00-8:00pm 1 session $20

WHAT COLOR IS ME?
Ever wonder why you are drawn to certain colors or why some colors make you feel a certain way? During this interactive class, explore why color is so important in our lives, the ways that colors influence and enhance our health and well-being every day, and the relationship between colors and chakras. This class will include color breath exercise and color meditation. S. Dorman
Feb 24 Wednesday
6:30-8:00pm 5 sessions $75

YOU CAN HAVE IT ALL! UNDERSTANDING THE LAWS OF THE UNIVERSE
The laws of the universe are working all the time with or without our knowledge. They react to us, so if we understand them, we can enhance our lives. The Law of Attraction is the most known, but when we work with the laws together, they are powerful supports on our paths to more joyous lives. E. Koverman
Apr 21 Wednesday
6:30-8:30pm 1 session $20

RECREATION & LEISURE
101 TRAVEL TIPS AND TRICKS
A successful trip starts long before your departure. I will share 101 of my very best travel tips & tricks – from personal experiences, travel experts, & online research to help make your next travel adventure go smoother. C. Normandeau
March 9 Tuesday
6:00-8:30pm 1 session $25

BEGINNER YOGA I & II
A great introduction for someone who is new to yoga, or someone who wants to review the foundations of the practice. Poses will be taught, alignment explained, & demonstrations given – all in a fun, relaxed atmosphere. Plenty of time for questions and of course, practice. H. Korwin
March 1 Monday
6:30-7:30pm 5 sessions $49
Apr 5 Monday
6:30-7:30pm 5 sessions $49

BOLLY X & TONE
A great workout that includes cardio and resistance training! We begin with 25 minutes of Bolly X. Then class transitions to a 25-minute full-body workout that includes cardio and resistance training. We end the class with a Bolly X cool down song. This is a challenging class, but the instructor will give you modification options. Be prepared to sweat it out! N. Moore
March 18 Thursday
5:15-6:15pm 4 sessions $40

BOLLY X
Bolly X 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
Apr 19 Monday
5:30-6:30pm 4 sessions $40

INTRODUCTION TO FANTASY SPORTS
Teach the basics of how to participate and understand how fantasy sports work, outlining the basics for major sports (baseball, football basketball, etc.). Students will learn to sign themselves up for a fantasy sports league and participate effectively on a beginner level. J. Grasson
Apr 8 Thursday
6:30-8:30pm 1 session $20

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
March 18 Thursday
4:15-5:00pm 4 sessions $30

Would You Like to Teach a Class?
1.800.300.4781
POUND
Want to “fall” into a super fun, high energy, total body workout routine? Pound is a “cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums” encouraging you to release your inner Rockstar! Come grab the beat to your favorite songs and lunge your way to increased health and fitness. 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 Ripstix 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 instructor.

M. Deyo
Feb 1   Monday
5:30-6:30pm  6 sessions $60
March 15  Monday
5:30-6:30pm  6 sessions $60
Apr 26   Monday
5:30-6:30pm  6 sessions $60
*no class 5/31

MUSIC & DANCE

“SWING ON!” VIRTUAL DANCE ACADEMY
In the comfort of your own home, learn the fundamentals of several ballroom dances while Jim leads you in the proper social dancing techniques and timing. Once registered with an email address, Jim will send you login instructions, a list of songs to use for practice, a dance syllabus specific for your class with detailed instructions and additional pdf’s that will turbocharge your learning.

You will need a computer or tablet with working webcam (so Jim can see what you are doing and offer feedback) and an unobstructed space big enough for you and your partner to move around safely. Comfortable clothes and smooth-soled shoes that allow you to pivot freely will help as well. Instructor: Jim Zaccaria

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 learn the most popular worldwide dance (SWING), the most popular Latin dance (SALSAs), the coolest dance (WEST COAST SWING), the easiest to learn (MERENGUE) and the float-on-air dance everyone should know (WALTZ)!

Feb 10   Wednesday
7:00-8:00pm  4 sessions $50/couple

BEGINNING SALSA
Have fun learning one of the most popular of today’s LATIN Ballroom dances – SALSA!! Just three steps over four beats will get you moving to some of the greatest Latin music from around the world and looking like you grew up doing it. We will develop a short & easy routine that will get you attention on any dance floor!

March 10  Wednesday
7:00-8:00pm  3 sessions $40/couple

BEGINNING WALTZ & MERENGUE
Enjoy your favorite Waltz and Latin tunes even more by learning two of the easiest of the Ballroom dances – “float over the floor” WALTZ and “party for the fun of it” MERENGUE!! Just six steps for Waltz and four for Merengue will get you moving, exercising, and socializing.

May 12     Wednesday
7:00-8:00pm    3 sessions  $40/couple

JUST SWING!
We will cover the basics of Jitterbug Swing – the social dance done worldwide to up-tempo music! We will practice moves from both open and closed positions such as underarm turns, kicks & spins. Using all types of swing music from the 40’s to today, prepare yourself to be amazed.

March 31     Wednesday
7:00-8:00pm  3 sessions $40/couple

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
March 6   Saturday
9:00-10:00am  4 sessions $40

YOGA FOR STRESS RELIEF
For beginner/intermediate students looking to deepen their yoga practice. You will use breathing techniques, postures, and focus to peacefully unwind. Prerequisites to this course include being able to safely and comfortably get up and down off the floor with little to no assistance. Please make instructor aware of any limitations in the first class to allow modified poses when necessary. A. Longhi
March 4    Thursday
5:30-6:30pm  4 sessions $40
Apr 8     Thursday
5:30-6:30pm  4 sessions $40

ZUMBA
Learn more about what is called “exercise in disguise.” Move and exercise in a fun and safe, calorie-burning, total-body workout! Learn easy-to-follow dance moves to exhilarating world music! Bring a hand towel and a bottle of water.
A. Rosaler
Feb 3    Wednesday
6:00-7:00pm  5 sessions $50
ONLINE

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE
Learn to play piano the way professionals do—using chords. Class is being held via ZOOM, so 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
March 13 Saturday 9:00am-12:00pm 1 session $59

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE
This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class is being held online via ZOOM, so you will be able to sit at home with your guitar and take this class without any pressure at all. Since this class 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. C. Coffman
March 13 Saturday 1:00-3:30pm 1 session $59

INTRODUCTION TO SONGWRITING
A presentation of all the elements that go into writing an effective song either individually or collaboratively, including how to get it to a wide audience. The sessions will include detailed constructive feedback on songs presented by attendees, collaborative writing and more. Taught by Grammy Winning Songwriter, Bill Pere.
Feb 22 Monday 6:00-8:00pm 4 sessions $79

JUMP START GUITAR
Learn everything you will need to know for a great start on guitar! Learn chords, skills, note reading and techniques to play your favorite songs. You will need a guitar and book "Hal Leonard Guitar Method book 1 "#HL00699010. You can find these at local music stores or Amazon. J. Monde
Feb 3 Wednesday 6:30-8:30pm 3 sessions $60
Apr 7 Wednesday 6:30-8:30pm 3 sessions $60

JUMP START PIANO
Learn everything you will need to know for a great start on piano! Learn chords, skills, note reading and techniques to play your favorite songs. You will need an electronic piano keyboard and book "Hal Leonard Adult Piano Method Book 1 "#HL00296441. You can find these at local music stores or Amazon. J. Monde
March 17 Wednesday 6:30-8:30pm 3 sessions $60
May 5 Wednesday 6:30-8:30pm 3 sessions $60

LANGUAGES

ABC ITALIAN
This course is for students with little to no background in 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. V. Isaku
March 2 Tuesday 6:00-8:00pm 3 sessions $59

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. S. Schachl
March 1 Monday 6:00-8:00pm 4 sessions $79

GET TALKING CHINESE 101
Learn beginning conversational Mandarin Chinese, basic vocabulary, pin yin, and present grammar along with Chinese culture. “Get Talking Chinese: Mandarin Chinese for Beginners”, (ISBN #0756629020) is recommended for this class. Please call 1-800-300-4781 to check if there is enough enrollment. C. Huang
March 25 Thursday 6:30-8:30pm 4 sessions $79

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. Instructor will contact participants with textbook info prior to class.
B. Neblett
Jan 28 Thursday 10:00am-12:00pm 5 sessions $99

LET’S LEARN SPANISH!
In a relaxed, fun, and stress-free environment, learn how to communicate in Spanish. Focus will be on acquiring basic conversational skills and exploring culture of the Spanish speaking world. Instructor will contact participants with textbook info prior to class.
B. Neblett
May 6 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. Matyszczuk
March 3 Wednesday 6:00-8:30pm 4 sessions $99
ONLINE

SPANISH IS FUN!
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. Please call 1-800-300-4781 to check if there is enough enrollment. R. Espinosa-Reyes
Feb 22 Monday 6:00-8:00pm 4 sessions $79

SPANISH IS FUN II
Emphasis is on meaningful use of the language. Participants will expand knowledge of basic vocabulary, present grammar, and Spanish culture. “Learn Spanish the Fast and Fun Way, Fourth Edition Book and CD -2015”, (ISBN #1438074972) is recommended for this class. Please call 1-800-300-4781 to check if there is enough enrollment.
R. Espinosa-Reyes
Apr 5 Monday 6:00-8:00pm 4 sessions $79

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
Apr 27 Tuesday 6:30-8:30pm 1 session $20

ABC’S OF GOVERNMENT BENEFIT 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, Social Security Disability, Medicaid, Medicare, and the ABLE Act.
S. Hawkins
March 9 Tuesday 6:30-8:00pm 1 session $20

ABLE ACCOUNTS: HOW SOMEONE WITH A DISABILITY CAN SAVE FOR THE FUTURE
Historically an individual with a disability is limited to how much they can save for their future, and in CT, if you have more than $1600, essential government benefits such as Medicaid and SSI could be eliminated. Now with ABLE accounts, individuals can save up to $15,000/year in tax advantaged saving accounts. Learn the ins and outs and the pros and cons of this exciting new planning tool for individuals and families with special needs.
S. Hawkins
Apr 6 Tuesday 6:30-7:30pm 1 session $20

BUILDING WEALTH THROUGH REAL ESTATE
Identify what type of investor you want to become. This class will cover common types of real estate investing, buy, and hold vs flipping strategies, pros, and cons of each and identify pitfalls. Topics of discussion include investor financing and building a real estate portfolio.
D. Stewart
May 25 Tuesday 6:30-8:30pm 1 session $20

CT STATE TEACHERS RETIREMENT
Learn more about preparing for retirement with your CT State Teacher’s 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
May 12 Wednesday 6:30-8:30pm 1 session $20

HELLO RETIREMENT
Retirement income only appears to the untutored eye to be about money. What it is about are two things: securing dignity and independence in your retirement. We will discuss what you will need to plan for in retirement and what you need to understand about investments you have. For those getting ready to retire, discusses estimating retirement expenses and income, paying for healthcare, turning savings into income, and creating a spending plan.
M. Church
March 17 Wednesday 6:30-8:30pm 1 session $20

HISTORY OF FINANCE AND ECONOMICS I & II
A survey of the history of economics and finance with an in-depth survey of the origins of theory to practical marketplace definitions and applications. You will learn to understand the difference between micro and macroeconomics and what some of the current trends in finance and business are, and why they are valuable for participants to know.
M. Myers
March 31 Part 1 Wednesday 6:00-8:00pm 5 sessions $99
May 5 Part 2 Wednesday 6:00-8:00 5 sessions $99
ONLINE

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
Apr 7 Wednesday
6:30-8:00pm 1 session $20

MAKING MEDICARE SIMPLE
Throughout the year, there are specific Medicare enrollment periods. Choosing when to enroll and which plan to choose, will maximize your benefits. Join this educational class to get all of the facts.
M. Figlar
Apr 26 Monday
6:00-8:00pm 1 session $20

MEDICARE 101
Are you confused about recent changes and updates of Medicare? Does individual healthcare have you feeling overwhelmed? Let us educate and help you better understand the ever-changing world of Medicare and healthcare.
J. Dorso
Jan 26 Tuesday
6:30-8:30pm 1 session $20

MEDICARE AND SENIOR MEDICARE 101: LEARNING THE BASICS FOR FAMILY, BENEFICIARIES AND CAREGIVERS
Medicare is the most important federal healthcare program available for those over 65 and our disabled communities. Learn its important complexities and how to protect, detect and report fraud, errors, and abuse to keep it strong. Students will learn to understand and navigate Medicare basics and know what different plans offer.
A. Cole
March 10 Wednesday
10:00am-12:00pm 1 session Free
March 18 Thursday
5:00-7:00pm 1 session Free

MEDICARE AND SENIOR MEDICARE PATROL 102: THE NEXT LEVEL IN UNDERSTANDING THE COMPLEXITIES OF MEDICARE FOR FAMILY, BENEFICIARIES AND CAREGIVERS
Medicare, for those over 65 and out disabled communities, is not a one size fits all program. Learn its important intricacies related to individual circumstances & the fundamentals of detecting fraud & abuse in this important federal program. Learn to navigate unique circumstances that may apply to you or your family in Medicare.
A. Cole
Apr 21 Wednesday
10:00am-12:00pm 1 session Free
Apr 29 Thursday
5:00-7:30pm 1 session Free

PROTECT YOUR FAMILY WITH TRUSTS
Learn how to use trusts to avoid probate, minimize estate taxes, preserve IRA fund, 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. Presented by Danbury Elder Law & Estate Planning Attorneys Thomas & Michele Murphy
Feb 25 Thursday
6:30-8:00pm 1 session $20

RETIREMENT PLANNING 101
Do you know all the facts and information about retirement? Are you aware of the penalties with Medicare? 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
Feb 16 Tuesday
6:30-8:30pm 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
Apr 21 Wednesday
5:30-7:30pm 2 sessions $70

SELL YOUR HOME & UNDERSTAND THE PROCESS
Discussion on the complexities of selling your current home and buying another. Topics may include probate, divorce, moving to a larger home and downsizing. Instructor will bring you through the steps all the way to the closing table.
D. Stewart
March 16 Tuesday
6:30-8:30pm 1 session $20

SOCIAL SECURITY MAXIMIZATION
Participants will learn the best time to apply to maximize their benefit. Topics to be covered will include the laws and policies relating to retirement and Social Security.
J. Dorso
March 25 Thursday
6:30-8:30pm 1 session $20

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
April 21 Wednesday
6:30-8:30pm 1 session $20
STARTUPS & RAISING CAPITAL
Learn the essentials of building a startup and raising capital. Take Part 1 and continue with Part 2. Emphasis will be placed on the benefits that building new companies create for communities: generating new jobs, and intellectual property and growth. Participants will be able to build and execute a company’s strategic vision. Please bring a notepad and pen to class.
M. Myers

Feb 1 Part 1
Monday
6:00-8:00pm
5 sessions
$99

March 22 Part 2
Monday
6:00-8:00pm
5 sessions
$99

YOU REALLY NEED TO HAVE AN ESTATE PLAN?
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.

March 4 Thursday
6:00-7:30pm
1 session
$20

Most of our online classes will be using Zoom

Here’s a guide to help you get connected.

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. https://zoom.us/download 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. Or call us before the day of the class, at 800.300.4781, and we will talk you through the process.
COMPUTERS FOR BEGINNERS
This class starts at the very beginning, from pressing the computers “ON” button. Helpful instruction about choosing an e-mail provider; using computer security; typing Word documents; using technology to serve your life goals; and using Skype. Bring your own laptop if you have one.

D. Thompson
Apr 27 Tuesday
6:00-8:00pm 3 sessions $59

ARTS & CRAFTS
ACRYLIC PAINTING
Learn to paint beautiful pictures using acrylic paint on canvas. You will first sketch your ideas on paper and then transfer them to canvas. By the end of classes, you will have painted a beautiful still life or a landscape. The instructor will contact students with a supply list prior to the first class.

R. Olsen
April 7 Wednesday
6:30-8:30pm 4 sessions $79

DRAWING IN PENCIL AND CHARCOAL
Learn the techniques of drawing a variety of subject matter using charcoal and chalk pastels. Topics include the basics of drawing, use of charcoal/chalk pastel medium, techniques of drawing, and analyzing subject matter. The instructor will contact participants prior to the first class.

R. Olsen
May 12 Wednesday
6:00-8:00pm 6 sessions $119

INTRO TO QUILTING - BEGINNER
Learn the basics of quilt piecing in this extensive 6 lesson course. You also will learn about fabric preparation, ironing, seam allowance, strip/chain piecing, layering, basting, machine quilting and binding. Instructor will contact participants prior to the first class.

D. Zillich
Apr 15 Thursday
6:00-8:00pm 6 sessions $119

STAINED GLASS FOR BEGINNERS
Students will learn the basic techniques of stained glass: cutting, grinding, foiling, and soldering. Students will create a sun catcher of their choice to take home. There will be a $10 material fee (cash only) payable to instructor.

S. Segovia
Apr 6 Tuesday
6:00-8:00pm 2 sessions $40

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.

S. Segovia
June 3 Thursday
6:00-8:30pm 1 session $25

STAINED GLASS - MORAVIAN STAR
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
May 5 Wednesday
6:00-8:00pm 2 sessions $40

PERSONAL DEVELOPMENT
BOOK APPRAISING
The Colebrook Book Barn will do free appraisals this evening, to determine the approximate value of the participants’ books. Students will find out what aspects make print more valuable than others do. Bob Seymour is an experienced appraiser. Students must pay to register for this course, but the appraisals are free at Edadvance. There is a 12-book maximum.

B. Seymour, Colebrook Book Barn
Apr 28 Wednesday
6:00-8:00pm 1 session $20

RECREATION & LEISURE
CRIBBAGE
Learn how to play this fun, friendly social card game. With hands-on experience, you will learn how to play the game, strategies, how to add up points and keep score using a cribbage board.

T. Rubbo
May 19 Wednesday
6:00-8:00pm 3 sessions $60

GENTLE RESTORATIVE YOGA
For beginner/intermediate students looking to deepen their yoga practice. Class uses props to help maintain balance and comfort. You will use breathing techniques, postures, and focus to peacefully unwind. Prerequisites to this course include being able to safely and comfortably get up and down off the floor with little to no assistance.

A. Longhi
May 6 Thursday
5:00-6:00pm 6 sessions $60

HOW TO BECOME A HOT-AIR BALLOON PILOT
Learn about the history and mechanics of this popular activity dating back to 1783 and spanning a rebirth in the early 1960s to the present. Session one covers history of hot-air ballooning configurations; military applications in the U.S. Civil War; and much more. Demonstration equipment is shown during the second class, along with a demonstration video. Please note that this is not a pilot certification class.

M. Murphy
March 3 Wednesday
6:00-7:30pm 5 sessions $30
Classes ONLINE this semester throughout the consortium area:

REGION 1
Canaan, Cornwall, Kent, North Canaan, Salisbury, Sharon

LITCHFIELD

PLYMOUTH
Terryville

REGION 15
Southbury, Middlebury

WATERTOWN

TORRINGTON

REGION 7
Barkhamsted, Colebrook, New Hartford, Norfolk

REGION 14
Bethlehem, Woodbury

WINCHESTER, WINSTED

HARTLAND

Free Classes:

• Adult Basic Education
• Citizenship
• English as a Second Language
• General Education Development
• High School Credit Diploma
• National External Diploma Program
• Civics & English Literacy
• Preparing for Success in the 21st Century workplace
• Serving Adults with Multiple Barriers to Education
• Transition to College & Work
• Family Literacy
• IET Training: CNA, Foodhandlers, etc*

*some fees may apply

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.