Site Locations
Residents may to 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.
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<td>General Information</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)

Due to the COVID-19 pandemic, all fall classes will be conducted ONLINE at the start of the fall semester.

ALL STUDENTS MUST REGISTER BETWEEN SEPT 1-11 TO BE ASSIGNED TO A CLASS AND GET CLASS CONTACT INFORMATION

Students may register for classes in one of three ways:

1. **Online registration**
   If you have access to a computer, laptop, tablet, or Smartphone and Internet, go to this link: [www.edadvance.org/adulted](http://www.edadvance.org/adulted) and click on the **Register Now** link

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.

3. **Paper mail in registration**
   You can call: **800.300.4781 or 860.567.0863** (ask for Margot)
   or
   email: snellback@edadvance.org
   to request a paper form to register. Complete the form and mail it back to the office.
   Adult Education
   EdAdvance
   355 Goshen Rd., PO Box 909,
   Litchfield, CT 06759

Your online teacher will contact you with class information
In Person Registration Sites  
Option

There are three options for registering for Adult Education classes (Adult Basic Ed, ESL, Citizenship, or High School Diploma):

- Register ONLINE at www.edadvance.org/adulted, "Register Here" button between September 1-11.  
  If you want to register after September 11, email snellback@edadvance.org or call 860.567.0863 and ask for adult ed.

- 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/adult-learners/adult-continuing-education 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>Tues., Sept. 1</td>
<td>10am- Noon 5:00-7:00pm</td>
</tr>
<tr>
<td>Steps at East School</td>
<td>215 Hogan Drive, Torrington Cafeteria</td>
<td>Wed, Sept 2</td>
<td>5:00-7:00pm</td>
</tr>
<tr>
<td>EdAdvance Head Start (behind St Peter Church)</td>
<td>28 St. John Place, Torrington, All-purpose room</td>
<td>Wed., Sept 9</td>
<td>5:00-7:00pm</td>
</tr>
<tr>
<td>Partnership Learning Academy</td>
<td>77 Main St., Terryville Gym</td>
<td>Thurs., Sept 10</td>
<td>5:00-7:00pm</td>
</tr>
<tr>
<td>Ctr Congregational Church</td>
<td>155 Main St., Torrington</td>
<td>Wed., Sept 9</td>
<td>9:00-11:00am</td>
</tr>
<tr>
<td>American Job Center</td>
<td>59 Field St., Torrington</td>
<td>Wed., Sept 9</td>
<td>1:00-3:00pm</td>
</tr>
</tbody>
</table>

- Can’t get online or make it to one of the in-person registration dates? You can register for most classes at any time during the semester. Please email snellback@edadvance.org or call 860.567.0863 to request a paper registration form.
HOW DO ONLINE CLASSES WORK?

ABE, GED, CDP, ESL OR CITIZENSHIP

Step 1: **Register for your class online, call us, or register by mail.**

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:
• a copy of the **Student Learning Guide** and the **directions on how to connect with your class**.
• If you do not have a computer and Internet, your teacher **will call you** and tell you where you can pick up paper copies of your assignments and how and when you can communicate directly by phone, text, or app.

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).
• **You will work on assignments** that your teacher asks you to do. This is practice work you can 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>
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</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesdays</td>
<td></td>
</tr>
<tr>
<td>9:30- 11:00am</td>
<td>September 14</td>
</tr>
<tr>
<td>Tuesday &amp; Thursdays</td>
<td></td>
</tr>
<tr>
<td>6:30-8:30pm</td>
<td>September 15</td>
</tr>
</tbody>
</table>

#### ONLINE English as a Second Language (ESL): Improve our 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</td>
<td>Newcomer</td>
<td>September 14</td>
</tr>
<tr>
<td>9:30- 11:00am</td>
<td></td>
<td></td>
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<tr>
<td>Monday &amp; Wednesdays</td>
<td>Beginner 1</td>
<td>September 14</td>
</tr>
<tr>
<td>9:30-11:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday &amp; Wednesdays</td>
<td>Beginner 2</td>
<td>September 14</td>
</tr>
<tr>
<td>9:30-11:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday &amp; Wednesdays</td>
<td>Intermediate</td>
<td>September 14</td>
</tr>
<tr>
<td>9:30-11:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mondays &amp; Wednesdays</td>
<td>Newcomer</td>
<td>September 14</td>
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<tr>
<td>5:30-7:00pm</td>
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<tr>
<td>Mondays &amp; Wednesdays</td>
<td>Beginner 1</td>
<td>September 14</td>
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<tr>
<td>5:30-7:00pm</td>
<td></td>
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<tr>
<td>Mondays &amp; Wednesdays</td>
<td>Beginner 2</td>
<td>September 14</td>
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<tr>
<td>5:30-7:00pm</td>
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<tr>
<td>Mondays &amp; Wednesdays</td>
<td>Intermediate</td>
<td>September 14</td>
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<tr>
<td>5:30-7:00pm</td>
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<tr>
<td>Tuesdays</td>
<td>Beginner</td>
<td>September 15</td>
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<tr>
<td>9:30-11:00am</td>
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<tr>
<td>Thursdays</td>
<td>Intermediate</td>
<td>September 17</td>
</tr>
<tr>
<td>9:30-11:00am</td>
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<td></td>
</tr>
<tr>
<td>Tuesdays &amp; Thursdays</td>
<td>Mixed</td>
<td>September 15</td>
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<tr>
<td>6:00-7:30pm</td>
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</tbody>
</table>
FREE CLASSES

GED® Exam Information

Earn Your High School Diploma

For test takers 17 or 18 years old: Connecticut General Statutes, Section 10-5(a) 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 with a parent/guardian signature. 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 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 Foothills office (860.567.0863). Connecticut policy requires all GED® test takers to be counseled about their options for high school completion.

Step 3: Assess your readiness to test. Take the GED Ready®, the official practice test for the GED®. Foothills can help you by providing free vouchers to try a section or two. Additional practice tests can be purchased through the ged.com website for $6.00.

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

Step 5: Request a release for testing. Come to EdAdvance Foothills office and bring with you
  • Proof of identity (current and valid State of CT issued photo ID such as a driver’s license, learner’s permit or non-driver registration card); Proof of CT residency
  • $13 registration fee (cash, check or credit) if 21 or older
  • Social Security number
  • Proof that you have passed at least two of the GED® Ready tests

Step 5: Schedule your tests! The EdAdvance testing center at 355 Goshen Road in Litchfield is one of several convenient locations where you can test. Tests can be scheduled between 9:00 AM-4:00 PM on these dates:

  September 10, 17, 24
  October 1, 15, 22
  November 3, 10, 17
  December 1, 8, 15

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.
### 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>
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<tbody>
<tr>
<td>Monday &amp; Wednesday 9:00-11:00am</td>
<td>All subjects</td>
<td>September 14</td>
</tr>
<tr>
<td>Monday &amp; Wednesday 1:00-3:00pm</td>
<td>All subjects</td>
<td>September 14</td>
</tr>
<tr>
<td>Mondays 6:00-8:00pm</td>
<td>Math</td>
<td>September 14</td>
</tr>
<tr>
<td>Wednesdays 6:00-8:00pm</td>
<td>Language Arts: Reading and Writing</td>
<td>September 16</td>
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<tr>
<td>Tuesday &amp; Thursdays 6:00-8:00pm</td>
<td>All subjects</td>
<td>September 15</td>
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### ABE : Adult Basic Education Classes

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

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<th>Focus</th>
<th>Start date</th>
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</thead>
<tbody>
<tr>
<td>Monday &amp; Wednesdays 6:00-7:30pm</td>
<td>Math</td>
<td>September 14</td>
</tr>
<tr>
<td>Tuesday &amp; Thursdays 6:00-7:30pm</td>
<td>Reading &amp; Language Arts</td>
<td>September 15</td>
</tr>
<tr>
<td>Tuesday &amp; Thursdays 1:00-2:30pm</td>
<td>All subjects</td>
<td>September 15</td>
</tr>
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</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 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. 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
FREE Technology training in
• Basic computer skills
• Microsoft Word, Excel
• Email basics
• Internet basics
• Information Literacy

Integrated Education and Training
• FREE OSHA 10 certification
• FREE Food Handler training with English language support
• FREE Industrial sewing training with English language support
• 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 trips to learn about local and state government and to the American Job Center.

Family Literacy: “Read to Succeed”
This class is to help adult students move closer to their personal goals through adult education classes.
• Complete your high school diploma or improve your English so that you can reach your greatest potential as a parent and role model for your children.
• Parents or guardians can participate in activities co-planned with the Torrington Family Resource Center or Head Start.
• Fun and educational family activities will be held around a different theme each month.
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 ParaPro needs to satisfy one of the following;
1.) An Associate Degree
2.) Two years of college to 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](https://www.edadvance.org/registration), Adult Education Enrichment**

DRIVER EDUCATION AT EDADVANCE

EdAdvance offers a certified Driver Education program serving Northwest CT. Program include:
- 38-hour and 30-hour DMV-approved instructional program
- Drug, Alcohol, and Safe Driving programs
- Additional hours of road instruction

Contact our Transportation Department at [driveredinfo@edadvance.org](mailto:driveredinfo@edadvance.org) or 860.361.9375 for information. Register at [www.edadvance.org/registration](https://www.edadvance.org/registration). Driver Education.

**Classes will run if there is sufficient enrollment.**

**Due to COVID-19 health safety concerns, we are not hosting the following programs this FALL**
FOOD SAFETY MANAGER CERTIFICATION
CERTIFIED NURSE AIDE PROGRAM
TRIPS & TOURS
Thank you for your patience and understanding,
Foothills Adult & Continuing Education/EdAdvance
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.

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.

EXAMPLES OF JUST A FEW OF OUR OFFERINGS:

AUTOCAD 3D 2018
You will master basic and advanced AutoCAD design skills as you gain hands-on practice in using the 2D tools in AutoCAD 2018. You will begin with learning the basic tools for creating 2D drawings. You will annotate the 2D drawing by adding text, hatching, tables, and dimensions. To further this knowledge, you will explore AutoCAD tools such as blocks, layouts, templates, annotation styles, and sheet sets, to help improve your efficiency with the software. 80hrs $1,695

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

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Most online courses $115

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*
Enjoy enrichment classes from the comfort of your home

- Computers
- Arts & Crafts
- Home Improvement
- Personal Development
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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.

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. ALL classes are ONLINE

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

COMPUTERS

ALTERNATIVES TO SELLING ON EBAY
Due to the great success of the “Selling on eBay” class, we have added a course on other selling alternatives out there. We will look at such platforms as Craigslist, Let Go, Offer Up, and Facebook Marketplace. We will look at the basics of selling and management with these tools as well as potential pros and cons.
A. Devlin
Nov 4 Wednesday
5:30-8:30pm 1 session $30

A NEW ERA IN DIGITAL MARKETING
Learn what it takes to take your business to the next level through marketing. Understand the transition from traditional marketing to digital marketing and each of their challenges in today’s market. Discover basic aspects of any digital marketing campaign including online visibility, lead generation, and audience building/branding. Also learn where online marketing has been historically and where it is going.
L. Leifert
Nov 12 Thursday
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. Ferreira
Nov 2 Monday
6:00-8:00pm 4 sessions $79

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
Oct 6 Tuesday
6:00-8:30pm 6 sessions $150

CELLULAR PHONE AND SOCIAL MEDIA SAFETY
An informative session for parents and grandparents about the dangers of their child's cellular phone and social media use. Have a better understanding of the technology of a cell phone as well as the dangers of social media apps.
R. Marsh
Sept 23 Wednesday
6:00-8:00pm 1 session $20

EXCEL I
Excel is a powerful home and office tool -- not just for accountants! Learn the introductory fundamentals of Excel and how to create your own basic worksheet. Course will cover formatting text; modifying cells, columns, and rows; simple formulas; and functions. Pre-requisite: access to Excel for class, must be comfortable using a mouse to select, cut, and paste text in a Windows environment.
S. Suriani
Sept 16 Wednesday
6:00-8:00pm 3 sessions $59

EXCEL II
Continue your learning from Excel I. This course will introduce students to complex formulas, sorting, grouping, filtering, charts, and pivot tables. Learn how to create professional-looking formatted tables using Excel's pre-formatted templates. Pre-requisite: Excel I or related experience.
S. Suriani
Oct 21 Wednesday
6:00-8:00pm 3 sessions $59

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
Oct 21 Wednesday
6:00-8:30pm 2 sessions $50
Dec 1 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.
A. Devlin
Dec 7 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. Wallman
Nov 10 Tuesday
6:00-8:00pm 1 session $20
ONLINE

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. Wallman
Sept 29    Thursday
6:00-8:00pm  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.
A. Devlin
Oct 19    Monday
5:30-8:30pm  1 session $30
Nov 10    Tuesday
5:30-8:30pm  1 session $30

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
Nov 11    Wednesday
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.
A. Devlin
Oct 14    Wednesday
6:00-8:30pm  2 sessions $49

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.
R. Olsen
Nov 3    Tuesday
6:30-8:30pm  4 sessions $79

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 supply list will be provided on the first night of class.
F. Tway-Grant
Dec 1    Tuesday
6:30-8:30pm  2 sessions $40

BEGINNER OIL PAINTING
Want to learn a new skill? Maybe you have old oil paints in the attic that you have always wanted to try. Join our class! No previous experience required! This class will show you the basics of oil painting: setting up a classic still life, how to use oil paints and painting materials, basic color theory, and developing realistic forms through the use of light and shadow.
J. Kreta
Nov 4    Wednesday
6:30-8:30pm  4 sessions $79
*no class 11/25

CHARCOAL DRAWING WITH SHAWNALEE
Participants will gain an understanding of charcoal, the different kinds of charcoal, their techniques, and artist uses. All levels are welcome. Instructor will contact participants with a supply list prior to the first class.
S. Kwashnak
Dec 8    Tuesday
6:30-8:30pm  2 sessions $40

CLASSES PRESENTED BY THE BRUSH AND PALLET
All Classes Held: Saturdays 1:00 to 3:00 pm on Zoom. Participant will receive an email with the login and password prior to class. Kits will be delivered to you prior to the class date. Material fees will be collected by the instructor. Registration fee is $20 for each class.
C. Mitchell

OCT 3 FALL DOOR HANGER
Greet the fall with this fun and pretty door hanger. Constructed from reclaimed wood, each piece is uniquely different. In this online class from The Brush & Pallet's own Zoom Art Room, you will learn to base coat, shade, and highlight your design to create a beautiful fall floral motif on your wood. Then you will learn to apply a vinyl stencil with the cute phrase “Hello Pumpkin”. Adorn with a lovely bow, and this piece can be hung on your door or wall right up until you begin to decorate for Christmas. Materials cost $35.

NOV 14 BRUSH OFF STRESS, MIXED MEDIA WORKSHOP
Holidays can be stressful, and this year is no exception, in fact it may be a little more stressful than usual. Join artist Carolyn Mitchell from the Brush & Pallet's Zoom Art Room for this fun and creative online journey into Mixed Media. Each kit will contain an 11”x14” canvas, paints, paper, decorations, and baubles to create a fun and lovely mixed media piece. You are encouraged to add your own personal touches as well, such as pictures, words, magazine or book pages, musical notes, etc. Materials cost is $35.

DEC 5 EVERYBODY LOVES A SNOWMAN BOARD
The words are true, everybody loves a snowman, and this guy is no exception. He is 3 feet tall, jolly, and will look great on your porch or in your home. Painted on beautiful reclaimed wood you will learn design, base coating, shading, and highlighting. He is sure to receive lots of compliments over the holiday and can be kept out throughout the winter as a great part of your décor. Materials cost $45.
ONLINE

CLASSES PRESENTED BY KAREN ROSSI STUDIOS

All Classes Held: SUNDAYS 1:00 to 1:45pm on Zoom. Visit the Karen Rossi Studios workshop pages to see pictures of any of these projects and to order kits at http://www.karenrossi.com. Registration fee is $20 for each class.

OCT 4 UPCYCLED METAL FLOWERS
Fashion soda cans into fall flowers (Arizona iced tea is recommended). No materials charge- you are in charge of supplies! Supply your own cans, paint pens or sharpies, and Machine screws (1/8 x 1/4) with correct size nuts and electric drill with correct drill bit.

OCT 25 HALLOWEEN THEMED SPIRAL MOBILE
Cut metal and paper Halloween shapes; bats, pumpkins, moon/stars. Decorate and attach into to a mobile. Materials charge $10 fee payable at http://www.karenrossi.com

NOV 15 CASTLE MENORAH
Paint and bead your own metal menorah and create a lifetime memory. Visit karenrossi.com for ideas and inspiration. Materials charge $60 fee payable at http://www.karenrossi.com

DEC 6 SANTA CLAUSE FANCIFUL FLIGHT
Paint and bead one of Karen's flying Creations. Perfect for your tree or gift giving. Materials charge $15 fee payable at http://www.karenrossi.com

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 call students with a supply list prior to the first class. R. Olsen
Oct 6 Tuesday 6:30-8:30pm 4 sessions $79

FALLING INTO ART
Whether a new or seasoned artist, this class will provide participants with a working appreciation of artistic skills while working fall inspired subject matter. Class lessons will include warm-ups, brief demonstrations, and lots of fun! There is a $10 material fee payable to the instructor on the night of class. S. Kwashnak
Sept 23 Wednesday 6:30-8:30pm 4 sessions $79

MAIL ART: MAKING COLLAGE ART
Mail Art is small handmade art sent through the mail. We will explore collage techniques to make your own postcards to send to family and friends. You already have most of the supplies in your home. Instructor will contact participants prior to the first class with a supply list. T. Hlas
Oct 13 Tuesday 6:00-8:00pm 3 sessions $59
Nov 16 Monday 6:00-8:00pm 3 sessions $59

PAINT AND SIP AT HOME
Complete two easy step-by-step acrylic paintings. No previous experience needed. Bring something to munch and sip as you work from the comfort of your home. Supply list will be given to participants prior to class. J. Kreta
Nov 17 Tuesday 6:30-8:30pm 2 sessions $40

PAINTING ON GLASS
Learn and practice the different ways you can make beautiful artwork out of everyday glassware with acrylics. No previous experience is required. A suggested supply list will be provided prior to the first night of class. F. Tway-Grant
Oct 20 Tuesday 6:30-8:30pm 2 sessions $40

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
Nov 18 Wednesday 6:30-8:30pm 4 sessions $79
*no class 11/25

PERSONALIZED CARDS
Together we will explore and create our own cards, using pencil, pen & ink, markers, watercolors, acrylics, collage, and your favorite pictures. Design possibilities include fractals, abstract designs, Zen doodles, our favorite cartoon characters, traditional art and more. The instructor will provide a supply list will be prior to the beginning of class. Bring your favorite pictures and photos. These are less expensive and more fun than those store-bought cards.
F. Tway-Grant
Nov 10 Tuesday 6:30-8:30pm 1 session $20

SCRAPBOOKING
Learn to preserve your photos, create a two-page scrapbook layout, and try new techniques in scrapbooking. Appropriate for beginners as well as advanced scrapbookers. Instructor will contact participants prior to class to send materials to each person for $30.
M. Lefevre
Oct 13 Tuesday 6:30-8:30pm 1 session $20

SEWING 101
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
Oct 5 Monday 6:00-8:00pm 5 sessions $79
ONLINE

SILK SCREENING
Imagine making your own decorated shirts with designs and artwork that you have created. This is an easy way to do a beautiful hand-made print. You will learn to screen print on fabric or paper. Instructor will contact participants prior to the first class. S. Snow
Sept 21 Monday 6:30-8:30pm 4 sessions $79

THE REBIRTH OF FILM PHOTOGRAPHY!
This is a brief but vital understanding of film, and the genesis of film up until the digital age. Discussion will include grain, ISO, film formats and sheet film, loading, shooting, and faux processing. Broaden your creative horizons by learning how film works. Option to purchase and process one roll of B&W or Color film for $35 fee. Participants should have basic photographic skills and a film camera if possible. A supply list will be given to students on the first night of class. T. Kubis
Oct 19 Monday 6:00-7:30pm 4 sessions $59

WATERCOLOR MAGIC (CLASS 3) – WHERE ARE MY LEAF PEEPS AT?
An exploration of mixing fall foliage colors in a traditional Hudson River type landscape painting. This painting will include mixing colors on the warm spectrum, mixing complimentary colors to create realistic neutrals, and using masking fluid to plan out gorgeous white birches. J. Bartlett
Oct 20 Tuesday 10:00–12:00pm 1 session $20

WATERCOLOR MAGIC (CLASS 4) – THE GOLDFINCH
Inspired by Donna Tartt’s bestselling book and the movie, by Carel Fabritius, “The Goldfinch”. We take a look at how ideas and images in art inform and inspire the next generation of ideas and images. Learn how the best artists are constantly drawing from the well of art history to make art in dozens of mediums. Based on the original, we will make a painting of your favorite bird, real or imagined! J. Bartlett
Oct 20 Tuesday 10:00–12:00pm 1 session $20

WATERCOLOR MAGIC (CLASS 1) – MAGICAL MATISSE
This class includes introductions, overview of the paintings and goals of the course, and discovery of the goals of the individual students. Introduction of materials, basic paint handling skills, plus explore the magical element of abstraction. Everyone creates a paper cutout composition. J. Bartlett
Sept 29 Tuesday 10:00–12:00pm 1 session $20

WATERCOLOR MAGIC (CLASS 2) – GEORGIA O’KEEFE ON MIND
Together we recreate a painting from the American Master, Georgia O’Keeffe. We talk about color, line, practical painting practices, and think about where we use our newfound skills. Everyone will create a beautiful floral themed painting. J. Bartlett
Oct 6 Tuesday 10:00–12:00pm 1 session $20

PERSONAL DEVELOPMENT

AURAS LAYER BY LAYER
Explore the many layers of the human aura. Physical, astral, and spiritual levels will be defined and explored. Class includes lectures, hands on exercises, and meditation. Discover your innate abilities to feel and see the aura. This online course will be taught in one session. Be prepared to take notes, dress comfortably, bring a white pillow case or enough white paper to cover a 3x3 foot space, have enough room around you to move your arms freely, and if you have the ability to lower the lighting, it would be helpful. M. Goerg
Oct 6 Tuesday 6:30-8:30pm 1 session $20
AUTUMN EQUINOX / WINTER SOLSTICE
Celebrate the seasons of Fall and Winter. Create your own seasonal celebrations by incorporating centuries of customs, beliefs, and symbolism with the present. Multiple examples will be explored including angels, animals, flowers, and other seasonal symbols. Discover the beauty of these seasons and create a celebration that is elaborate and complex or compact and concise. This online course will be taught in one session. Be prepared to take notes. M. Goerg
Oct 8 Thursday
6:00-7:30pm 1 session $20
Dec 9 Wednesday
6:00-7:30pm 1 session $20

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
Nov 2 Monday
6:00-8:00pm 1 session $20

BOUNCE BACK FROM ADVERSITY
Discover a better life by finding your passion, compassion, gratitude, and self-worth. Learn how to live a full life and how to let go of the past. Find the New Normal after adversity. M. Mahoney
Oct 19 Monday
6:00-7:00pm 4 sessions $40

BREAK THE SUGAR HABIT!
Most people view sugar as tasty and irresistible, but sugar can be addictive and toxic. Lisa Larkin, Certified Health and Nutrition Coach, will show you the dangers of sugar and artificial sweeteners and how to reverse the cravings. L. Larkin
Sept 23 Wednesday
7:00-8:00pm 4 sessions $40

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. Likewise, participants will discover diversity skills and techniques to build their motivation, confidence, and expertise. R. Espinosa-Reyes
Sept 30 Wednesday
6:00-8:00pm 3 sessions $59

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

DREAM Hacking PART 1: A GUIDE TO UNPACKING THE MESSAGES FROM THE NIGHT
If you’ve ever woken up wondering, “What did that mean?”, don’t turn first to the ubiquitous “dream dictionaries,” but start formulating your own personal insight into your singular experiences using what you already know about yourself. We will explore historical, cultural, and cutting-edge approaches to dream work as well as discuss how to optimize sleep and facilitate dream generation. I. Braunstein
Sept 29 Tuesday
6:30-8:30pm 2 sessions $40

DREAM Hacking PART 2: DIGGING DEEPER & BIGGER
We will explore the biopsychology of dreaming and links between lifestyle and dreaming experience. The student will acquire or review some basic dream work techniques, then continue forward with deconstruction and interpretation of scenes brought into class. (Dream Hacking, Part 1 is not a prerequisite.) We will use both universal and personal imaging and analysis to understand non-linear dream scenes. I. Braunstein
Oct 27 Tuesday
6:30-8:30pm 2 sessions $40

ESSENTIALS FOR CRAFTING MARKETABLE FICTION
Learn how to craft fiction that sells! Avoid the pitfalls that keep your story from selling! Develop the skills to structure a story, develop believable characters, create a satisfying ending, and writing a cover letter that attracts attention from agents. F. Longo
Sept 23 Wednesday
6:30-8:30pm 4 sessions $79

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
Oct 20 Tuesday
6:00-8:00pm 1 session FREE
Dec 7 Monday
6:00-8:00pm 1 session FREE

GETTING PAID TO TALK: INTRODUCTION TO PROFESSIONAL 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.
Oct 14 Wednesday
7:00-9:30pm 1 session $25
Nov 10 Tuesday
7:00-9:30pm 1 session $25
GETTING THROUGH THE HOLIDAYS WITH LESS STRESS
Discuss strategies that can be used to reduce your stress level during the holiday season. Participants will be given tricks of the trade to set systems in place that will make the holiday’s “To Do” list easier to accomplish. J Baltrush
Oct 21  Wednesday
6:00-8:00pm  1 session  $20

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. Supplies can be purchased directly from the instructor for $10. S. Dorman
Nov 25  Wednesday
6:30-8:30pm  5 sessions  $99

HOW TO TALK WITH THE OTHER SIDE
Would you like to work with your angels? Do you know how to communicate with Spirit? Do you get results? Do you know how to recognize a sign? Find out how to engage with the other side and develop your intuition. The instructor and students will share stories and experiences. Cindy Miller is the founder of Trinity Productions and author of “Is That All There is …The Journey Within”. C. Miller
Oct 12  Monday
6:00-7:30pm  1 session  $20
Nov 9  Monday
6:00-7:30pm  1 session  $20

INTRODUCTION TO MINDFULNESS MEDITATION
What causes us to feel stressed, anxious, fatigued? Review the science behind the benefits of Mindfulness practices. Learn how to meditate; to quiet the mind for greater ease and balance in life. Students will learn a variety of techniques and basic skills. Understand why and how to establish a regular meditation practice at home. S. Klappler
Sept 23  Wednesday
6:00-7:00pm  4 sessions  $40

INTRODUCTION TO REIKI
Reiki is a Japanese healing modality that is a highly effective form of complementary medicine for physical, emotional, mental, and spiritual health. Learn the history and discover how Reiki can be used to heal, harmonize, and balance the mind, body, and spirit. K. Diamond
Oct 14  Wednesday
6:30-8:30pm  1 session  $20

INTRODUCTION TO THE 7 CHAKRAS
Chakra is an old Sanskrit word that literally translates to wheel or disk. There are seven main chakras or energy centers in our bodies. Learn the importance of opening and balancing each of your seven energy centers in order to help maintain a healthy vibrant self! K. Diamond
Dec 9  Wednesday
6:30-8:30pm  1 session  $20

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
Nov 2  Monday
6:00-8:00pm  3 sessions  $60

MANAGING THE MAZE
Self-help is all the craze these days. Join this discussion group and learn how to handle those unforeseen and unplanned changes life brings us. Learn to look at some of life’s little surprises in a very different light. We will be using the strategies brought forth by the authors Spencer Johnson and Trina Paulus to amuse us with humor and sound advice. W. Fahy
Nov 30  Monday
6:00-8:00pm  1 session  $20

MEDITATION TECHNIQUES
Enjoy the experience of quieting your mind and relaxing your body. Meditation can assist in improving your health by reducing stress and pain. No prior experience is necessary. This online course will be taught in one session. Be prepared to take notes, dress comfortably, bring two pictures of your choice; calendar pictures work well. (Nature without people in them, designs, mandalas etc.) M. Goerg
Sept 29  Tuesday
6:30-8:30pm  1 session  $20
Dec 2  Wednesday
6:30-8:30pm  1 session  $20

MINDFULNESS FOR STRESS REDUCTION, RELAXATION, AND A BETTER YOU!
This lecture will discuss what mindfulness is, how to incorporate into everyday life, and why it is so vital for today. Learn how to adapt to stressful situations and create peace within. Mindfulness practice demonstrations are also included. L. Monaco
Sept 29  Tuesday
6:00-8:00pm  1 session  $20

NUTRITION AND INTERVENTIONS FOR ADHD, ANXIETY, AND BEYOND
Explore effective integrative and nutritional interventions for a happy, healthy, and focused brain. Learn how the brain has a great ability to heal. Address nutritional deficiencies, gut health, toxic burden, genetic mutations, and other underlying pathologies. Gain greater understanding on how you can reclaim health through natural interventions and remedies. “Healing Without Hurting” (ISBN #0989452980) is required for this class. Please call 1-800-300-4781 to check if there is enough enrollment. Option to purchase a book for $20 from the instructor. J. Giustra-Kozeck, LPC
Oct 29  Thursday
6:30-8:30pm  4 sessions  $79
ONLINE

RELAXATION AND INNER PEACE
Explore how to release stress by tapping into your own healing powers and connecting with your higher self. Gain insight through meditation, healing exercises, journaling, and movement. This online course will be taught in one session. Be prepared to take notes, dress comfortably and allow space to stand up and move around. M. Goerg
Oct 1  Thursday
6:30-8:30pm  1 session $20
Dec 7  Monday
6:30-8:30pm  1 session $20

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
Nov 17  Tuesday
7:00-8:30pm  1 session $20

STEPPING INTO YOUR GREATNESS
Enjoy a mini workshop on achieving success, happiness, health, and wellbeing by simply changing your thoughts. Learn how to break bad habits and diminish negative behaviors and beliefs. Begin the journey into aligning with your authentic selves. L. Monaco
Oct 5  Monday
6:00-8:00pm  1 session $20

TALKING WITH HEAVEN-FOLLOW UP TO TALK WITH THE OTHER SIDE
During this follow-up workshop, participants will share stories, how their connection is working, as well as what and how they are receiving their information. New information comes through with each group that gathers. The instructor will make time for a question and answer period. Cindy M. Miller is an author of “Is that all there is… The Journey Within”. “Participants do not have to attend the first session to enroll in this class. C. Miller
Nov 16  Monday
6:00-7:30pm  1 session $20

THE GROTESQUE 10: AMAZING ARCHITECTURAL SCULPTURE
Mathew explains the use of grotesque and gargoyles on academic buildings from a select group of American institutions of higher learning as well as other interesting features of the Collegiate Gothic architectural style. M. Duman
Nov 9  Monday
6:00-8:00pm  1 session $20

 TOUCH WORKSHOP
Learn the science behind touch and understand how important touch is to mental health and well-being. Learn techniques and practice exercises to create and cultivate compassion for yourself and others. L. Monaco
Nov 9  Monday
6:00-8:00pm  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
Dec 16  Wednesday
6:00-8:00pm  1 session $20

TRANSFORMATIVE TRANSITIONS: LIVING LIMINAL
The essence of the life journey is transition — encompassing stages, conditions, circumstances, beginnings, and endings. How we navigate inevitable changes defines our identity. We will explore strategies of Self-Care and creative problem solving to move through the maze of fluid situations, so we will feel comfortable with where we have been and confident about what lies ahead. I. Braunstein
Oct 13  Tuesday
6:30-8:30pm  2 sessions $40

UNDERSTANDING ALZHEIMER’S AND DEMENTIA
Alzheimer’s disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it is time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. C. DeRocco
Oct 22  Thursday
6:30-8:00pm  1 session FREE

VISION BOARD: CREATE & MANIFEST YOUR BEST LIFE
What is stopping you? Live the life you dream. Are you having a difficult time even DREAMING and visualizing what you want? A vision board allows you to identify your true goals, personalize what is best for you, and manifest a life beyond your dreams. You owe it to yourself to create a VISION BOARD. K. Kiedel
Sept 21  Monday
5:30-8:30pm  1 session $30

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
Oct 7  Wednesday
6:30-8:00pm  5 sessions $75

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2learnCT
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
Nov 9    Monday
6:00-8:00pm  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
Nov 10   Tuesday
6:00-8:30pm  1 session  $25

BEGINNER YOGA
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
Oct 6    Tuesday
6:45-7:45pm  5 sessions $49

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
Oct 19   Monday
5:30-6:30pm  4 sessions  $40

CONNECTING WITH BALANCE
This is a series of workshops tailored to helping seniors reconnect with their bodies and environment. Exercises in movement and balance guide participants to maintain and improve balance, think creatively, and build community through social engagement. This class is open to all levels of ability– even those who remain seated throughout.
E. Kent
Oct 6    Tuesday
10:00–11:00am  4 sessions  $40

GENTLE YOGA
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
Sept 24   Thursday
5:00-6:00pm  6 sessions  $60
Nov 5     Thursday
5:00-6:00pm  6 sessions  $60
*no class 11/26

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.
M. Deyo
Sept 23   Wednesday
5:30-6:30pm  6 sessions  $60
Nov 4     Wednesday
5:30-6:30pm  6 sessions  $60
*no class 11/25

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
Nov 18   Wednesday
6:00-7:00pm   4 sessions  $40
*no class 11/25

MUSIC & DANCE
CELTIC WIND
An introduction to Irish history and music through the penny whistle and/or flute. Learn how to hold and play tunes including clan marches, jigs, regional tunes, slow airs, hornpipes, and others. It is recommended to bring a penny whistle or flute to class.
W. Devlin
Oct 7    Wednesday
6:30-7:30pm  4 sessions  $40

Would You Like to Teach a Class?
1.800.300.4781
RENEW YOUR INNER DRUMMER

Dust off that drum set and scratch the itch to play again! Instructor with 5 decades of playing experience will cover basic rock, blues, country, and soul drumbeats and fills. Topics to be covered: hand and foot development, 4 limb coordination, ear training, keeping time, and much, much more. B. Griswold

Sept 29 Tuesday
6:00-7:00pm 4 sessions $40

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!

Oct 6 Tuesday
7:00-8:00pm 2 sessions $40/couple

BEGINNING WALTZ & MERENEGUE

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” MERENEGUE!! Just six steps for Waltz and four for Merengue will get you moving, exercising, and socializing.

Oct 6 Tuesday
7:00-8:00pm 3 sessions $40/couple

“SWING ON!” VIRTUAL DANCE ACADEMY by JIM Z.

Classes will be conducted for your FUN and safety online “virtually” using a popular platform. 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. We will use the most popular and “dance-inducing” music much of it you may already have. 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 select from among the following each evening: the most popular worldwide dance (SWING), the most popular Latin dance (SALSA), the coolest dance (WEST COAST SWING), the easiest to learn (MERENEGUE) and the float-on-air dance everyone should know (WALTZ)!

Sept 23 Wednesday
7:00-8:00pm 4 sessions $50/couple

BEGINNING GERMAN

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

Oct 5 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

Sept 22 Tuesday
6:30-8:30pm 4 sessions $79

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!

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Sept 22 Tuesday
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

Sept 23 Wednesday
6:00-8:00pm 6 sessions $119
LET'S LEARN GERMAN! II
Continue to learn German in a relaxed, fun, and stress-free environment. Learn how to communicate in German. Focus will be on building on basic conversational skills and exploring German culture. Instructor will contact participants with textbook info prior to class. B. Neblett
Nov 4   Wednesday
6:00-8:00pm  6 sessions $119

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
Sept 22   Tuesday
6:00-8:00pm  6 sessions $119

LET'S LEARN SPANISH! II
In a relaxed, fun, and stress-free environment, learn how to communicate in Spanish. Focus will be on building on basic conversational skills and exploring culture of the Spanish speaking world. Instructor will contact participants with textbook info prior to class.B. Neblett
Nov 3   Tuesday
6:00-8:00pm  6 sessions $119

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
Sept 21   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
Nov 16   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
Oct 29   Thursday
6:30-8:30pm  1 session $20

AFORDABLE HEALTH CARE 101
Are you confused about our Healthcare system? Do you understand the penalties? What is "Obama care" and how does it affect you? Do you know how to qualify for a tax credit? When is the enrollment period for healthcare? Our class will help you make sense of a very confusing subject in the State of CT. J. Dorso
Sept 30   Wednesday
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
Dec 7   Monday
6:30-8:30pm  1 session $20

CREATING INCOME FOR YOUR RETIREMENT
This workshop is focused on retirement income strategies. It simplifies three common withdrawal strategies so clients have a better understanding of the importance of creating a retirement income strategy, the pros, and cons of the different strategies, and what might work for them.M. Church
Oct 26   Monday
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. The concern we must face in an environment of rising costs is will you have enough money and what will you need to prepare for your retirement. M. Church
Oct 7   Wednesday
6:30-8:30pm  1 session $20

HOW MONEY WORKS
Create a budget, save money more efficiently, and learn how to tackle debt. Are you ready? By applying the principles of this class, you can achieve financial security and ultimately reach your goals! G. Callahan
Oct 27   Tuesday
6:30-8:30pm  1 session $20

LONG-TERM CARE STRATEGIES
Are you concerned with paying for long term care or home care? Do you know anyone who has lost their nest egg due to being confined to a nursing home? There are ways to protect your assets and better understand Medicare. It is never too late to learn more about insurance plans available to help with these costs. J. Dorso
Oct 28   Wednesday
6:30-8:30pm  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
Oct 19    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
Oct 20    Tuesday
6:30-8:30pm  1 session $20

MEDICARE PLAN AND NURSING HOME CARE - THE REAL TRUTH
Spend the evening learning about your Medicare and Medicare Advantage plans real benefits, not just what is in the booklets. Learn what they really cover and who really decides how long you are covered. Know your rights and what an appeal means. This is what you need to know before it is too late.
W. Fahy
Sept 29   Tuesday
6:00-8:00pm  1 session $20

PROTECT YOURSELF AND 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
Oct 8     Thursday
6:30-8:00pm  1 session $20

RETIREMENT PLANNING TODAY
This Course addresses the retirement planning process and covers the impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues.
P. Mariano
Oct 20    Tuesday
5:30-8:30pm  2 sessions $30

SOCIAL SECURITY MAXIMIZATION
The 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
Nov 4     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
Oct 5 Part 1    Monday
6:00-8:00pm  5 sessions $99
*no class 2/17
Nov 23 Part 2   Monday
6:00-8:00pm  5 sessions $99

UNDERSTANDING YOUR CREDIT SCORES
Learn how credit works, and what banks look at for credit financing. Learn what not to do with credit, how to protect your credit, why NOT to use free websites for credit, what can be done with student loans, and much more.
S. Robert
Dec 16  Wednesday
6:30-8:30pm  1 session $20

WOMEN AND FINANCES
Learn some strategies for managing cash flow and debt, saving, and investing for the future and protecting what matters most.
M. Church
Sept 21   Monday
6:30-8:30pm  1 session $20

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.
Oct 21    Wednesday
6:00-7:30pm  1 session $20
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 Educations nondiscrimination policies should be directed to Susan Domanico 860.567.0863

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

DO YOU HAVE QUESTIONS?
Phone: 1.800.300.4781 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
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.
ADULT EDUCATION ENRICHMENT
REGISTRATION FORM - FALL 2020

Eligibility: NO participants under 18 years of age.

First Name __________________________________ Last Name __________________________________
Street ______________________________________________________________________________________
Town __________________________________________ State _______ Zip Code __________________________
Home Phone ________________________________ Work Phone ______________________________________________________________________________________
Cell Phone ____________________________ E-Mail (required*)

*ALL communications are emailed, Please check your email often*

Please check if you have a disability. Call for special accommodation needs.

**To help avoid cancellations PLEASE register in advance at least 2 weeks before class start date**

Thank you for signing up for a Foothills Adult & Continuing Education class!

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

We do not confirm registrations. Please mark your calendars.

Please let us know how you received this brochure:  mail  friend  business  vehicle/van

Please confirm your order by filling and returning the form as shown.

FAX 860.567.3381
PHONE 1.800.300.4781 or 860.567.0863
MAIL *NO in person registration*
EdAdvance 
Attn: Foothills Adult Education
355 Goshen Road, P.O. Box 909
Litchfield, CT 06759-0909

PAYMENT ENCLOSED : (NO REFUNDS UNLESS A CLASS IS CANCELED)
**Always bring a flashdrive to computer classes**

Check # __________________ We strongly recommend no cash or check payments due to COVID concerns and length of time for refund requests.

Credit Card Payment  MasterCard  VISA

Card # ____________________________________________ Exp. Date __________ CVV # __________

Name of Cardholder ______________________________ Signature __________________

There is a non-refundable $1.99 per class convenience fee for all orders placed by credit card

Note: please do not use a credit card for this order.

Phone or Email:

1.800.300.4781
1.860.567.0863
www.edadvance.org/registration