



Foothills

Adult & Continuing Education Course Catalog

SPRING 2022

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
Gina Martelli, Program Associate
martelli@edadadvance.org
860.567.0863 or 1.800.300.4781
Mon - Fri • 8:30 a.m. - 4:30 p.m.

Falls Village (Region 1)

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

Winsted (Region 7)

Northwestern Regional High School
100 Battistoni Drive, Lower Level
Winsted 06098-1889
Tina Salius, Site Coordinator
salius@edadadvance.org
860.379.8525, Ext 2630
Tues & Thurs • 5:30 p.m. - 8:30 p.m.

Woodbury (Region 14)

Woodbury Middle School
67 Washington Avenue
Woodbury 06798
Maria Alicia Azar, Site Coordinator
azar@edadadvance.org 203.808.1542
Mon & Wed • 6:00 p.m. - 8:30 p.m.

Southbury (Region 15)

Pomperaug High School
234 Judd Road
Southbury 06488
Maria Alicia Azar, Site Coordinator
azar@edadadvance.org 203.808.1542
Mon - Wed • 6:00 p.m. - 8:30 p.m.

Watertown High School

324 French Street
Watertown 06795
Chris Fahy, Site Coordinator
fahy@edadadvance.org
203.806.0077
Mon, Tues & Wed • 5:00 p.m. - 9:00 p.m.

Torrington

Torrington High School
50 Major Besse Drive
Torrington 06790
Patricia Conroy, Site Coordinator
conroy@edadadvance.org
860.489.5073
Mon - Wed • 5:00 p.m. - 9:00 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@edadadvance.org
860.482.3987
Mon & Wed • 5:00 p.m. - 8:30 p.m.

American Job Center

59 Field Street
Torrington, CT 06790
860.496.3500

Southbury Library

100 Poverty Rd
Southbury, CT 06488

CALL 1.800.300.4781 for more information
on any of these site locations.



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			<u>regardless of vaccination status*</u>	

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

Hartland
Litchfield
Plymouth
Sherman
Thomaston
Torrington
Watertown
Winchester/
Winsted

Canaan
Cornwall
Kent
North Canaan
Salisbury
Sharon

Goshen
Morris
Warren

Barkhamsted
Colebrook
New Hartford
Norfolk

Bethlehem
Woodbury

Middlebury
Southbury

FREE CLASS REGISTRATION

We offer instructional classes in:



Citizenship

English as a Second Language (ESL)

High School Completion (GED)

High School Credit Diploma (CDP)

National External Diploma (NEDP)

Pre-GED (Math & Reading) Skills

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

THESE CLASSES ARE FREE FOR ADULTS WHO LIVE IN OUR PARTICIPATING COMMUNITIES

IN PERSON REGISTRATION

Go to the location where you want to attend class at the time listed in the catalog. If you cannot make it at the time listed, don't worry, you can register at the program site on any of the days and times listed for the class you wish to attend. Plan to spend at least 90 minutes completing the Student Registration Form and taking your placement test. Childcare is available only at the Vogel-Wetmore School in Torrington.

Your class assignment may be changed based on your placement test.
Forms available in English, Spanish, Portuguese, and Arabic.

NOTE:

*All students will be asked to provide their Social Security Number when they register for classes. If you do not have a Social Security Number, you are still allowed to take classes, however, this information helps our program to track post-secondary enrollment in college or career training and employment when you leave our program. . Our state and federal funding requires that adult education programs provide this data on student outcomes. **Without this funding, we would not be able to offer classes for free.***



Registration Options for Our Programs

Students may use the EdAdvance online registration system, CourseStorm, to register for online or in-person classes. Use an email that you check regularly. Anyone who registers online will need to schedule an appointment for pre-testing or test in person at one of our sites before starting class.

1. On your computer, laptop, tablet, or Smartphone, go to **www.edadvance.org/registration**
2. Select Adult Education Classes, scroll down to "Browse All Classes"
3. Select the course that you want to attend: "ESL or Citizenship" OR "High School Completion" (GED prep, Credit Diploma, National External Diploma or pre-GED)
4. **Choose carefully.** Note the different in-person locations, online options, days, times, and levels for English language classes. The class you want may be on the second page of listings.
5. Complete all the fields on the registration form.
6. When completed, you will be emailed a registration confirmation. Check your junk mail or spam if you don't get a confirmation.

Once all the information fields are completed, you will need to schedule a time for the required placement test. You may elect to take the pre-test in person at one of our convenient program sites or use a remote testing option. You must have an appropriate device and bandwidth to test remotely.

Call 860.567.0863 x 1194 for GED prep, pre-GED, Citizenship or ESL remote testing

Call 860.567.0863 x 1133 for Credit Diploma or National External Diploma remote testing

You will receive a registration receipt sent to the email address that you provided on the form. If you have selected an online course, your teacher will send you instructions on how to access the online class. You will not receive a class link until after you have completed your pre-test. You will also get a follow up call from the Foothills office to verify your information.

If you selected an in-person class, just go to the location at the time that you selected.

You will not be admitted to class until you take your pre-test

ENGLISH AS A SECOND LANGUAGE

INFORMATION



All native languages are welcome!

Want to learn English or improve your English language skills?

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

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

United States Citizenship Classes

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

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

ESL & CITIZENSHIP CLASS MEETING TIMES

English as a Second Language

Site Location	Class Time	Registration and Start Date
Housatonic Valley Regional High School, Falls Village	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 19 6:00 PM Start Mon Jan 24
Northwestern Regional High School, Winsted	Tuesdays & Thursdays 6:00-8:00 PM	Register Jan 18 & 20 6:00 PM Start Tues Jan 25
Southbury Library	Tuesdays & Thursdays 9:30-11:30 AM	Register Jan 18 9:30 AM Start Tues Jan 25
Torrington: Steps at East School	Mondays & Wednesdays 9:00-12:00 PM	Register Jan 19 9:00 Start Mon Jan 24
Torrington: Vogel-Wetmore School	Mondays & Wednesdays 5:30-8:30 PM	Register Jan 18 & 19 5:30 PM Start Mon Jan 24
Watertown High School	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 18 & 19 6:00 PM Start Mon Jan 24
Woodbury Middle School	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 19 6:00 PM Start Mon Jan 24
ONLINE	Tuesdays & Thursdays 9:30-11:30 AM	Registration Opens Weds. Jan 5 Start Tues Jan 25
ONLINE	Tuesdays & Thursdays 6:30-8:30 PM	Registration Opens Weds. Jan 5 Start Tues Jan 25

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

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

Citizenship Classes

Site Location	Class Time	Registration and Start Date
Northwestern Regional High School, Winsted	Thursdays 6:00-8:00 PM	Register Jan 18 & 20 6:00 PM Starts Thurs Jan 27
Torrington High School, Torrington	Tuesdays 6:30-8:30 PM	Register Jan 18 & 19 5:00 PM Starts Tues Feb 1
ONLINE	Wednesdays 1:00-3:00 PM	Registration Opens Jan 5 Starts Weds Jan 26

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

You will not be able to start classes until you register and pre-test.

FREE CLASSES

GED® Exam Information

Earn Your High School Diploma

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

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

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

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

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

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

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

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

January 11, 19, 24, 25,
February 2, 8, 16, 22
March 2, 8, 23, 30
April 6, 12, 20, 26
May 4, 10, 18, 25
June 8, 14, 29
July 7, 20, 26, 27
August 10, 16, 24, 30

GED® Testing Accommodations:

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

CLASS MEETING TIME (GED® & Pre-GED®)



GED® Preparation Classes

Site Location	Class Time	Registration & Start Date
Housatonic Valley Regional HS, Falls Village	Monday & Wednesdays 6:00-8:00 PM	Register Jan 19 6:00 PM Start Mon Jan 24
Northwestern Regional HS, Winsted	Tuesdays & Thursdays 6:00-8:00 PM	Register Jan 18 & 20 5:30 PM Start Tues Jan 25
Torrington: Steps at East School, 215 Hogan Drive	Mondays & Wednesdays 9:00-11:00 AM	Register Jan 19 9:00 AM Start Mon Jan 24
Torrington: American Job Center, 59 Field St.	Mondays & Wednesdays 1:00-3:00 PM	Register Jan 19 1:00 PM Start Mon Jan 24
Torrington High School	Mondays - Math/Science Wednesdays - English / SS 6:00-8:00 PM	Register Jan 18 & 19 5:00 PM Start Mon Jan 24
Watertown High School	Mondays & Wednesdays 6:00-8:00 PM	Register Jan 18 & 19 5:00 PM Start Mon Jan 24
Woodbury Middle School	Mondays in person Wednesdays online 6:00-8:00 PM	Register Jan 19 6:00 PM Start Mon Jan 24
ONLINE	Tues & Thurs 9:30-11:30 AM or 6:30-8:30 PM	Registration Opens Jan 5 Start Tues Jan 24

Pre-GED® (Reading and Math review)

Site Location	Class Time	Registration & Start Date
Torrington High School	Wednesday 6:00-8:00 PM	Registration Jan 18 & 19 5:00 PM Start Weds Feb 2
ONLINE	Tuesday 6:00-8:00 PM	Registration Opens Jan 5 Start Tues Jan 25

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

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

You will not be able to start classes until you register and pre-test.

FREE CLASSES

High School Completion at EdAdvance

EdAdvance offers three pathways to a high school diploma

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



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

Visit <https://www.casas.org/nedp> and call 860.567.0863 x1133 to get more information about this program.

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

Do you have credits that you earned in high school? This is a program for adults who want to earn a diploma by attending evening classes or taking classes online to earn credits. Credit can be given for qualifying work or military experience. Students select English, Math, Science, Social Studies and elective classes to earn the 25 credits needed to graduate. Online classes are offered through Connecticut Adult Virtual High School. Evening classes are offered at



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

Classes with fewer than five students will be combined and offered online using Google Classroom.

Attendance at every class is critical!

An appointment is required with our school counselor to develop a graduation plan. Call 860.567.0863 x 1133 to schedule a time. Students will need a copy of their high school transcript (contact your most recent high school guidance office if necessary) and to provide their Social Security number. Students who are 17 years old will need to present a copy of their official high school withdrawal form with parent/guardian and administrative signature. Allow an hour for a registration appointment. Appointments must be made by January 10 to start in the Spring 2022 semester.

Orientation is January 11. Classes start Tuesday, January 18.

Attendance is mandatory at each class

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

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

CLASSES OFFERED AT EACH SITE

Site	Skills (Math)	English	Citizenship	GED Prep	Credit Diploma
Housatonic Valley Reg. HS, Falls Village		Mon/Wed 6:00-8:00 PM		All subjects Mon/Wed 6:00-8:00PM	
Southbury Library, Southbury		Tues/Thurs 9:30 -11:30 AM			
American Job Center, Torrington				All subjects Mon/Wed 1:00-3:00 PM	
Steps @ East School, 2nd floor Torrington		Mon/Wed 9:00-12:00 PM		Mon/Wed 9:00-11:00 AM	
Torrington HS, Torrington	Tues 6:00-8:00 PM		Tues 6:00-8:00 PM	Mon: Math/Science Wed: English/Social Studies 6:00-8:00 PM	Mon/Tues/Wed 5:00-7:00 PM 7:00 - 9:00 PM
Vogel-Wetmore School, Torrington		Mon/Wed 5:30-8:30 PM Beginner & Intermediate			
Watertown High, Watertown		Mon/Wed 6:00-8:00 PM		Mon/Wed 6:00-8:00 PM	Mon/Tues/Wed 5:00-7:00 PM 7:15-9:15 PM
Northwestern Regional HS, Winsted		Tues/Thurs 6:00-8:00 PM	Thurs 6:00-8:00 PM	All subjects Tues/Thurs 6:00-8:00 PM	
Woodbury Middle School, Woodbury		Mon/Wed 6:00-8:00 PM		Mon in person Wed Online 6-8pm All Subj.	
ONLINE	Thurs 6:00-8:00 PM	Tues/Thurs 9:30-11:30 AM or 6:30-8:30 PM	Wed 1:00-3:00 PM	Tues/Thurs 9:30-11:30 AM Tues (Math/Sci) 6:30-8:30PM Thurs (LA/SS) 6:30-8:30 PM	Some classes may use a hybrid model to meet on Thursdays or Snow days

Times subject to change
1.800.300.4781 or 860.567.0863
www.edadvance.org

Career Advancement

CERTIFIED NURSE AIDE TRAINING

Learn the skills that will allow you to become a Certified Nurse Aide (CNA). Our 100-hour program consists of 52 hours of classroom time and 48 hours of clinical training. Completion will qualify you for the state certification examination (application fee included). PPD (Mantoux) and physical (within one year) are required prior to the first day of clinical. Call Foothills Adult Education 1.860.567.0863 ask for Margot Snellback ext. 1194 for more details. Note: For those who need recertification, call Prometric at 1.866.499.7485. Register at www.edadvance.org/registration, Adult Education Enrichment, CNA Training w/full payment.

DAY - 9 weeks

Feb 23-Apr 21	Wed/Thurs	\$900*
8:30-2:30pm	Class at EdAdvance	
8:00-2:00pm	Valerie Manor, Torrington	

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

EVENING - 11 weeks

Feb 9-Apr 21	Wed/Thurs	\$900*
5:00-9:00pm	Class at EdAdvance	
4:00-10:00pm	Valerie Manor, Torrington	

Pay in FULL online via Credit Card (no partial pays) OR

Call to register and use our Payment Schedule (pay via cash):

\$300 non-refundable deposit due at registration

\$300 due 1st night of class

\$300 due 1 month after start date

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

FOOD SAFETY MANAGER CERTIFICATION

Do you want to become a Certified Food Operator? Take this intensive, one-day, 8-hour Food Safety Manager Certification course developed by the Educational Foundation of the National Restaurant Association, which is part of the Foundation's ServSafe® risk management series. Successful completion of this course will earn you a food safety manager certification after passing a 90-question exam. A ServSafe review book is included in course fee and will be mailed or picked up upon paid registration. Participants are urged to register at least a month before the desired session to thoroughly review the book content before the start of class.

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

Jan 29	Saturday	
9:00am-5:00pm	1 session	\$225*
March 12	Saturday	
9:00am-5:00pm	1 session	\$225*
Apr 23	Saturday	
9:00am-5:00pm	1 session	\$225*

*Tuition support may be available through WIOA (Workforce Innovation and Opportunity Act) funding. Call 860.496.3500 for more information.

PARAPROFESSIONAL ASSESSMENT AT EDADVANCE, LITCHFIELD

PARAPROFESSIONAL ASSESSMENT EXAM

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

A paraprofessional needs to satisfy one of the following;

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

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

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

You must PAY online by MasterCard or Visa to be counted in the limited seats available.

For additional dates or questions contact

Linda Coscia x1126, Foothills Adult Education 1.800.300.4781 or 860.567.0863

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

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

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

If you have any questions, contact us at 1.800.300.4781 or adulted@edadvance.org

Ed2Go ONLINE LEARNING: Fundamentals

What is Ed2Go?

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

Courses are offered in:

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



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

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

Here's how to get started with Fundamentals:

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

Some popular courses;

Speed Spanish
Computer Skills for the Workplace

Medical Terminology
Start Your Own Small Business

Digital Photography

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



ED2GO ONLINE LEARNING: Career Training

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

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

Here's how to access Advanced Career Training:

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

Courses vary in price

Some options include;

Microsoft Certifications

Lean Six Sigma

Certified Indoor Air Quality Manager

CBCS Certified Medical Admin Assist. w/ Billing & Coding

Java, C#, HTML5

Group Fitness Instructor

Certified Wedding Planner

Scholarships are available for active duty military spouses.

Go to <https://www.ed2go.com/mycaa> for more details about the My Career Advancement Account Scholarship Program.

Financial assistance may be available for career training courses.

See <https://www.ed2go.com/career/financial-assistance/> for more details.

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

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

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



REGISTER FOR ENRICHMENT CLASSES

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

Arts & Crafts
Languages

Computers
Music

Finance
Personal Development

Home Improvement
Recreation & Leisure

Register online at www.edadvance.org/registration or call 800.300.4781

There is no in-person registration available.

Credit card or mail in payments are accepted. Please be aware that our credit card company charges a **non-refundable** fee of \$1.99 to process transactions. We cannot refund this fee if the class is cancelled. Credit card transactions will show on your credit card statement as "ED ADVANCE AE"

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

- Sign into class ready to learn
- Interact with the instructor and other participants respectfully
- Minimize distractions

After you have completed registration and submitted payment, you will receive an email directly from your instructor with instructions on how to access the class and other information about the class, such as supplies needed, if applicable. Please be sure to **register with an email address that you check frequently and check your spam/junk** folder if you do not receive a message before the day of the class. Call our office at 800-300-4781 before 3:30pm if you do not receive class information by the day of the class.

Most, but not all, instructors use Zoom. Be sure to check with your instructor if they plan to use another online platform in case you need to download another app (Team, WebEx, RingCentral)

- Be sure to check the day and time of the class
- Check to be sure you have a stable internet connection
- Most devices can be used to connect to the class (desktop, laptop, iPad, SmartPhone), preferably with a webcam or camera, speakers, and a microphone to participate fully
- Login into your class ahead of time in case you need to download an app to join the session. Most apps/downloads will prompt you through the process.
- Contact your instructor with any questions about the class or contact our main office with any questions about technology access BEFORE 3:30 PM. Our office closes at 4:30pm.

Additional information about using Zoom can be found at the Zoom Help Center:

<https://support.zoom.us/hc/en-us/articles/206175806>

WELCOME TO FOOTHILLS ADULT ENRICHMENT PROGRAM
Register at: www.edadvance.org/registration, Adult Education Enrichment
CLASSES FOR ADULTS 18 years and older. ONLINE CLASSES pg 15-22

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

ARTS & CRAFTS

ALTERNATIVE QUILTING TECHNIQUES

Have you finished the "learn to quilt class"? Do you have pieced blocks you don't know what to do with? Ready to make more than a bed quilt? Learn how using your domestic machine and leftover blocks. Upon successful completion of the course, the student will be able to sew already pieced quilt blocks into a variety of items from coasters to wall hangings. D. Zillich

March 7	Monday	
6:00-8:00pm	5 sessions	\$99

AMAZING ALCOHOL INKS: TECHNIQUES & PLAY

Learn and practice the different ways you can produce art using alcohol inks. Create suncatchers, flowers, landscapes, and abstract designs on tile, glass, or canvas. No previous experience is required. A suggested supply list will be mailed to you at least one week prior to class. F. Tway-Grant

March 10	Thursday	
6:30-8:30pm	2 sessions	\$40

TWO CLASSES PRESENTED BY JESSICA BARTLET CITRUS SKILLS

Look no further than your kitchen table for art inspiration. We will discuss contemporary women painters and create a unique still life painting. Students learn about organic vs inorganic shapes, two-point perspective, and so much more! Drawing skills are not needed! J. Bartlet

March 14	Monday	
6:00-8:00pm	1 session	\$20

MAGICAL MATISSE

What do watercolors, salt, plastic wrap, and crayons have in common? You'll find out in this super fun and magical collage composition inspired by Henri Matisse. Topics include an introduction to materials, basic paint handling skills, and the magical element of abstraction. All levels of experience are welcome.

J. Bartlet

March 7	Monday	
6:00-8:00pm	1 session	\$20

COMIC BOOK APPRECIATION

Comic book creators use a variety of layouts and emotional techniques to communicate with readers. We will explore design and content while we pull back the curtain on what makes comic books so great! No prerequisites for this course, but all students should have a program that can read CBR files. (a comic book reader file).

T. Gant

May 3	Tuesday	
7:00-8:00pm	5 sessions	\$50

DRAWING BASICS

Learn techniques and methods for creating drawings of Spring flowers including how to use values/shading. Students will create several small exercise studies and create a drawing of a Spring Flower. Materials needed: pencils, kneaded eraser, vinyl eraser, drawing paper (9x12/11x14" good sizes).

S.W. Kwashnak

Feb 1	Tuesday	
6:30-8:30pm	4 sessions	\$79

*no class 2/22

March 8	Tuesday	
6:30-8:30pm	4 sessions	\$79

PAINT POURING PLAY

Learn and practice the different ways you can produce art with new paint pouring techniques. Create abstract designs on canvas. No previous experience is required. A suggested supply list will be mailed to you at least one week prior to class.

F. Tway-Grant

March 24	Thursday	
6:30-8:30pm	2 sessions	\$40

WATERCOLOR CLASS

A beginner's introduction to watercolors with easy to follow along techniques that transition into painting an early spring flower. Materials needed: watercolor paper (9x12/11x14" good sizes), pencils, eraser; watercolors, brushes, paper towels, water rinse cup.

S. W. Kwashnak

Feb 7	Monday	
6:30-8:30pm	1 session	\$20

WATERCOLOR OF SPRING

A beginner/intermediate class. Explore watercolor techniques for painting the subtle colors of spring. The course includes color mixing, brushstrokes, and shading. Students will complete several small studies and a Spring painting. Materials needed: watercolor paper (9x12/11x14" good sizes), pencils, eraser; watercolors, brushes, paper towels, water rinse cup.

S. W. Kwashnak

March 7	Monday	
6:30-8:30pm	4 sessions	\$79

Would You Like to Teach a Class?
1.800.300.4781

ONLINE

ZEN DOODLE (NEW)

Create beautiful abstract art through structured patterns and learn relaxation and creativity techniques from a certified teacher. Students should bring to the first class: one 3.5" X 3.5" square white or off-white piece of cardstock; watercolor paper or other sturdy paper (called your "tile"); one black fine-tipped pen; one pencil; tortillon or other shading device like a Q-tip or a small, clean makeup applicator; and an open mind.

L. Marks

May 4	Wednesday	
6:30-8:30pm	1 session	\$20

COMPUTERS

ADULT PYTHON CODING CLASS (BEGINNER'S LEVEL) (NEW)

This course will discuss Python, a high-level, general-purpose programming language. Students gain knowledge on basic Python operations engaging in project-based lessons. Participants will learn to work with variables, data types, conditionals, loops, and functions. The instructor will share a presentation and Google Colab notebook during the class. M. Bhasin

Feb 9	Wednesday	
5:00-6:00pm	5 sessions	\$50

SELLING ONLINE

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

Feb 28	Monday	
6:00-7:30pm	1 session	\$20
Apr 11	Monday	
6:00-7:30pm	1 session	\$20

FINANCE

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 (SSI), Social Security Disability (SSD), Medicaid, Medicare, and the ABLE Act.

S. Hawkins

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

ABC'S OF PLANNING FOR THE FUTURE OF YOUR LOVED ONE WITH SPECIAL NEEDS

Our workshop extends beyond the limited boundaries of wills and trusts and empowers families to create a comprehensive plan for the future of their dependents with special needs. It will provide an understanding of the critical legal and financial elements needed to provide lifelong support for a loved one with special needs. It also provides a unique opportunity to learn from someone who has personal experience with these same issues.

S. Hawkins

March 1	Tuesday	
6:00-8:00pm	1 session	\$20

CREATING INCOME FOR YOUR RETIREMENT

This workshop is focused on retirement income strategies. It simplifies three common retirement withdrawal strategies so you 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 you..

M. Church

Apr 25	Monday	
6:00-8:00pm	1 session	\$20

CT STATE TEACHERS RETIREMENT

Learn more about preparing for retirement with your CT State Teachers Retirement pension. 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 2	Monday	
4:30-6:00pm	1 session	\$20

EMPOWERING YOU THROUGH THE PROBATE PROCESS (NEW)

Have you experienced a death in your family? Want to protect loved ones from the stress of probate? A working attorney guides students through the legal steps of the probate process and the protections to put in place.

B. Etter

Feb 7	Monday	
6:00-7:30pm	1 session	\$20

FINANCIAL WELLNESS

This class provides tips on how to take a healthy approach to money matters. Learn how to manage your money and establish a budget. Learn how to be a smarter consumer for yourself and your family, from buying groceries to getting life insurance or things for your everyday needs. Learn how to get your financial house in order.

M. Church

March 19	Saturday	
2:00-4:00pm	1 session	\$20

ONLINE

GUARDIAN ANGEL TRUSTS (NEW)

The world of revocable living trusts can be a mystery to those seeking estate planning. Using various real-life examples, the instructor, a working attorney, will compare wills versus trusts and highlight the overwhelming benefits that a continuing lifetime trust can provide, including protection against lawsuits, divorces, and creditors.

B. Etter

Feb 16	Wednesday	
6:30-7:30pm	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

March 10	Thursday	
6:30-8:00pm	1 session	\$20

MANAGING CREDIT AND DEALING WITH DEBT

Financial credit is very important to many in managing their finances. In this two-session class, we will discuss the use of credit, what you need to know about credit reports and how to improve your credit score. We will also address debt danger signs you should be aware of and what to do when you are having difficulty paying your bills.

F. Griffiths-Smith

March 21	Monday	
6:30-7:30pm	2 sessions	\$20

MEDICARE 101

Are you confused about recent changes and updates in Medicare? Does individual healthcare make you feel overwhelmed? Let us educate and help you understand the ever-changing world of Medicare and healthcare.

J. Dorso

Feb 23	Wednesday	
6:30-8:30pm	1 session	\$20

MEDICARE AND SENIOR MEDICARE PATROL BASICS

Learn the fundamentals of Medicare Parts A, B, C, D, and more. Taught by trained and experienced counselors Western Connecticut Area Agency on Aging (WCAAA).

A. Cole

March 2	Wednesday	
5:00-7:00pm	1 session	Free

REGISTRATION DEADLINE

Early registration is encouraged for best selection and to ensure your class is not canceled due to lack of enrollment. Register at www.edadvance.org/registration Adult Education Enrichment.

PROTECT YOURSELF & YOUR FAMILY TRUSTS

Learn how to use trusts to avoid probate, minimize estate taxes, preserve IRA funds, provide for disabled family members, protect assets from Medicaid, and protect your estate from your children's creditors. Plan and protect! Preserve control over your affairs during incapacity and avoid litigation and conservatorship. Topics to be covered include, but are not limited to: revocable living trusts, Irrevocable trusts, IRA trusts, special needs trusts, testamentary trusts, beneficiary designations, and new laws regarding Powers of Attorney. Danbury Elder Law & Estate Planning Attorneys, Thomas & Michele Murphy

March 31	Thursday	
6:30-8:00pm	1 session	\$20

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

Feb 1	Tuesday	
6:30-8:30pm	1 session	\$20

YOUR RELATIONSHIP WITH MONEY: PLANNING FOR YOUR FUTURE

Discover your "money personality" by exploring your relationship with money. We'll discuss how you can use this information along with your financial goals and spending priorities to begin to develop a plan for your financial future.

F. Griffiths-Smith

Apr 4	Monday	
6:30-7:30pm	2 sessions	\$20

HOME IMPROVEMENT

ART OF BONSAI: INSPIRATIONS FOR GARDEN DESIGN

There is a misconception that the art of Bonsai, is a specialized Japanese horticultural art form with no relationship to garden design. The truth is that Bonsai design principles are universal design principles. An overview of the art of Bonsai, Bonsai display, and design elements in the Japanese garden will help the home gardener understand the basic concepts of Eastern design principles. It is recommended, but not required, that participants attend "Taming of the Shrub" class prior to this class. D. Silver

March 30	Wednesday	
6:00-8:00pm	1 session	\$20

DOWNSIZING DOESN'T HAVE TO BE PAINFUL

Learn tips on purging unwanted items, time frames, places to sell and/or donate unwanted items, and techniques to get through the process of downsizing for a move. Students will be able to plan for a successful and managed move to their new home. Decide on what stays and what goes, what to consider for all parties who will be involved with the move, and the time frames for scheduling all aspects of a move. J. Baltrush

March 8	Tuesday	
6:00-7:30pm	1 session	\$20

ONLINE

RAISING CHICKENS FOR BEGINNERS (NEW)

Thinking about getting chickens? We'll talk about whether to start with brand-new chicks or older birds, what your new flock will need, common maladies and how to treat them, and MUCH more! Upon successful completion of the course, the student will be able to know the basics of how to choose chickens for their flocks, how to feed and house them properly, enrichment, basic medical care, and what to do with all those eggs!

R. Lexa

March 23	Wednesday	
6:00-8:00pm	1 session	\$20

REPLACEMENT WINDOW WORKSHOP: COMPARE PRODUCTS & PRICES. SEE HOW WINDOWS ARE PROPERLY INSTALLED FROM THE COMFORT OF YOUR OWN HOME!

Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl, Composite. How much should I pay for a good quality window? Confused? Don't 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 8	Tuesday	
7:00-9:00pm	1 session	\$20

THE TAMING OF THE SHRUB

Pruning is an art and a science that requires practice. Learn sound techniques when applied at the right time for the right plant that can take the mystery out of pruning. Topics also discussed include pruning and training of common garden shrubs, the rationale of pruning, and the fundamentals of good pruning practices. A discussion of the rationale behind pruning will help the home gardener achieve a result that is both horticulturally sound and aesthetically pleasing.

D. Silver

March 2	Wednesday	
6:00-8:00pm	4 sessions	\$79

LANGUAGE

FIVE ITALIAN THINKERS: VICO, PIRANDELLO, PARETO, CECCATO, & ECO (NEW)

The lives and ideas of five thinkers who left a considerable legacy on contemporary Italian culture will be presented. Drawing from diverse subjects such as science, literary narrative and symbolism, history, and mental operations, students learn the basic principles of these thinkers as stated in their own original language. The class will be in English; the instructor will translate and explain Italian terms. F. Ranci

May 4	Wednesday	
6:30-8:30pm	5 sessions	\$99

INTRODUCTION TO LATIN

This introduction to the Latin language includes grammar and cultural background. By the end of class, students will be able to read selected passages of Latin texts, learn about grammar, and Roman history and civilization. Instructor will provide materials prior to class.

A. Oddo

Feb 15	Tuesday	
6:00-8:00pm	4 sessions	\$79

POLISH LANGUAGE FOR BEGINNERS

Learn basic Polish conversational skills from an experienced teacher. Students will gain knowledge of Polish culture as well as a respect for the language.

A. Matyszczyk

Feb 2	Wednesday	
6:00-8:30pm	4 sessions	\$99

MUSIC & DANCE

BEGINNERS HARMONICA (NEW)

Students will learn the fundamentals of playing the French harp or mouth organ. Techniques such as tongue articulations and playing trains, as well as one note at a time, are explored. Students are advised they need to bring a 10-hole harmonica in the key of C. Instructor recommends the Hohner Special 20. An optional but highly recommended PDF book purchase is \$15, info for which will be sent to students.

M. Rubin

Apr 4	Monday	
6:30-8:30pm	2 sessions	\$40

BELLYDANCE 101 (NEW)

Make it a girls' night with friends and try this beautiful and joyous dance! Energizing yet relaxing, fiery yet smooth, Greek dances and Veil dances comprise this beginners' class. Women of all ages and fitness levels are welcome. Wear comfortable, stretchy clothing and thick socks or slippers that "slide." Supply List: Bring veils 2 ¾ yards by 45 inches of sheer chiffon or organza. You can purchase material at any fabric store (no need to hem). Or just improvise with something you already have at home such as a sheer window curtain!

Carolisa of Moonlight DJs

Feb 2	Wednesday	
6:30-7:30pm	6 sessions	\$59

BUYING AND SELLING OF RECORDS

Author and longtime owner of Mystic Disc shares knowledge on buying, grading, learning to recognize collectible vinyl records, and imparts this knowledge on how to open a record store.

D. Curland

March 8	Tuesday	
7:00-9:00pm	2 sessions	\$40

ONLINE

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own.

C. Coffman

Feb 19	Saturday	
1:00pm-3:30pm	1 session	\$59

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Learn to play piano the way professionals do, using chords. As class is being held online via Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. Since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own.

C. Coffman

Feb 19	Saturday	
9:00am-12:00pm	1 session	\$59

JUMP START GUITAR

Learn chords, scales, note reading and the techniques essential for guitar playing of your favorite songs! "Hal Leonard Guitar Method Book One", available on Amazon, is recommended for this class.

J. Monde

Feb 9	Wednesday	
7:00-8:30pm	4 sessions	\$59

JUMP START PIANO

Learn to play piano by reading notes, chords, and songs. We will start from the beginning and cover everything you'll need to have a successful start at playing piano! Hal Leonard Adult Piano Method Book One, available on Amazon, is recommended for this class.

J. Monde

March 9	Wednesday	
7:00-8:30pm	4 sessions	\$59

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2earnCT

PERSONAL DEVELOPMENT

24/7 DAD: A FATHERHOOD COURSE

Fathers will gain parenting skills and learn ideas that can be implemented in everyday life. The instructor from 24/7, a comprehensive fatherhood program designed to help men improve their parenting skills and fathering knowledge, the classes focus on building self-awareness, self-caring, and relationship skills.

P. Cifaldi

March 1	Tuesday	
1:00-3:00pm	5 sessions	\$99

AHA HEARTSAVER CPR/FIRST AID/AED FOR ADULT/CHILD/INFANT (NEW)

In this American Heart Association Heartsaver course intended to help adults/children/infants, participants learn how to administer pediatric CPR, First Aid, and an automated external defibrillator (AED) in an effort to save lives. This is a 2-session class, first class meets Tuesday ONLINE a class link will be sent by the instructor, 2nd class meets Wednesday at HVRHS, Falls Village.

L. Bonito

Session 1 - Feb 1, Tues, 6-9pm	ONLINE	
Session 2 - Feb 2, Wed, 6-9pm	IN PERSON	\$150

BOATING & PERSONAL WATERCRAFT SAFETY (CERTIFICATE CLASS)

This all-inclusive course allows you to operate a boat/ personal watercraft and tow water skiers/inflatables. Upon successful completion of the course, the student will have learned about state and federal boating laws and earned a CT Safe Boating Certificate (Boater's License). Once completed, the State Certified instructor will guide you through the certificate download process which includes a one-time additional payment to the State of Connecticut of \$50.00 per license -- then you are certified for life.

G. Dean

May 4 & 5	Wed & Thurs	
5:00-9:00pm	2 sessions	\$65

CAT BEHAVIOR 101 (NEW)

Have you ever wondered what your cat was thinking? Taught by a Certified Cat Behavior and Retention Specialist, students will learn to resolve felines' behavioral and emotional problems and harmonize cat-human relationships. The classes explore cat body language, vocalizations, and what they mean. Common behavioral issues such as litter box problems and inappropriate scratching are also covered.

R. Geller

Feb 2	Wednesday	
6:30-8:00pm	5 sessions	\$75

ONLINE

COMING HOME TO THE HEART: FOUR-WEEK MINDFULNESS MINISERIES CULTIVATING SELF-COMPASSION

Through mindfulness, kindness, and interconnectedness, students will practice developing a more compassionate mind and learn ways to be a better friend to themselves. Learn to cope more effectively with stress and develop an attitude of humility, self-compassion, and gratitude.

J. Zehler

Apr 26	Tuesday	
6:30-8:00pm	4 sessions	\$ 59

CT PEDIATRIC DAYCARE WORKER CPR/FIRST AID AED (NEW)

In this half-online, half-in-person mandated course for State of CT daycare workers, students learn how to administer CPR, First Aid, and an automated external defibrillator (AED). This is a 2-session class, first class meets ONLINE Tuesday a class link will be sent by the instructor, 2nd class meets Monday at Housatonic Valley Regional High School.

L. Bonito

Session 1 - Feb 22, Tues, 9-3pm	ONLINE
Session 2 - Feb 28, Mon, 6-9pm	IN PERSON \$135

EXPLORING OUR ANIMAL SPIRIT GUIDES (NEW)

Meet your animal spirit guides and discover how they can help and support you in your daily life in this fun and experiential online course. Led by an internationally renowned healer and educator, students journey to meet their spirit animal guides, discuss their symbolic meanings, and share experiences using their guidance in daily life. Optional books to purchase for class: The Animal-Speak Workbook by Ted Andrews (ISBN # 978-1-8887-6748-3) and Pocket Guide to Spirit Animals by Dr. Steven Farmer (ISBN: 978-1-4019-3965-6).

B. Tilden

Feb 16	Wednesday	
6:30-8:30pm	2 sessions	\$40

HISTORICAL MURDERS IN NEW ENGLAND (NEW)

Forget the serial podcast or True Detective TV show! This course explores the fascinating true-crime world of New England. Taught by an award-winning crime writer. Students will learn FBI definitions of the psychology of, and the modus operandi of, famous historical Yankee serial killers.

S. Coletta

Feb 15	Tuesday	
6:00-7:30pm	5 sessions	\$75

HOMETOWN TALES: RESEARCHING & CRAFTING LOCAL STORIES -- AND WHY THEY MATTER (NEW)

Students explore their own rich local folk history; experience the sense of community that stories can generate; and craft their own tales. Learn the connective power of storytelling as you come to perform your own tales. Bring a notebook and pen. A suggested reading list for class will be given to students prior to the first class. L. Ford

Feb 2	Wednesday	
6:30-8:00pm	5 sessions	\$75

HOW TO TALK WITH THE OTHER SIDE

You are gifted with spiritual insight. Would you like to communicate with spirits? How do you recognize a sign and develop your intuition? Do you get results when you engage with God? Cindy Miller is a God-based intuitive and author of "Is That All There Is: The Journey Within." Each gathering is unique, so you can take this class multiple times. Messages are geared to whomever is present the day of the class.

C. Miller

March 10	Thursday	
6:00-7:30pm	1 session	\$20
Apr 21	Thursday	
6:00-7:30pm	1 session	\$20

INTRODUCTION TO ASTRONOMY: EXPLORING OUR SOLAR SYSTEM (NEW)

Ever wonder what is going on in the night sky and what may lie beyond? An award-winning astrophotographer will help you understand the basics of our solar system and find out about the celestial bodies that make up the universe.

R. Zincone

March 7	Monday	
6-9pm	1 session	\$30

INTRODUCTION TO PERFUMERY (NEW)

A "keeping-it-simple" approach to independent perfumery is taught by a working perfumer and YouTuber. Participants discover required materials; intro to aroma chemicals; the pyramid of scent; a basic knowledge of choosing a path in the industry; and more! Supplies can be purchased directly from the instructor for \$10-15.

A. Dillon

Feb 8	Tuesday	
1:00-2:00pm	5 sessions	\$99



See Career Advancement Options, Certified Nurse Aide Training and Food Safety Manager Certification on page 10 of this Catalog

ONLINE

KEEP TALKING: AN INTRODUCTION TO PROFESSIONAL VOICE OVER

Have you ever been told you have a great voice? Come and explore professional voice-acting for television, radio, audio books and more! Learn the basics, including how to be successful and earn a great income in this exciting field. This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. For more information, visit: www.voicecoaches.com/gppt.

Voice Coaches

March 1	Tuesday	
6:30-9:00pm	1 session	\$25
Apr 6	Wednesday	
6:30-9:00pm	1 session	\$25

LEARN HOW TO TALK WITH ANIMALS: BEGINNER'S LEVEL (NEW)

Find out what your animal is thinking and feeling. This beginners-level course introduces students to the first steps in how to talk with animals. Students learn how to send and receive messages from animals, how to use telepathic language when talking to animals, and then practice talking with them. Instructor will provide a PDF to students to download for each session.

C. Biddle

March 23	Wednesday	
4:00-6:00pm	3 sessions	\$59

LIVING WITH ALZHEIMERS: THE MIDDLE STAGES

Students will describe typical age-related memory changes, recognize common warning signs of Alzheimer's and dementia, and explain the importance of early detection.

J. Labrie

Feb 3	Thursday	
6:30-8:00pm	3 sessions	Free

MANDATORY 8-HOUR SECURITY OFFICE CERTIFICATION CLASS (NEW)

In this half-online, half-in-person course, get your CT Guard Card in this mandatory course to prepare you for your licensure application to perform security work in the State of Connecticut. Topics covered include first aid and the issues of search and seizure, citizen's arrest, and use of force. Please note: Students will need to obtain fingerprints and a photo at their local police departments before this class starts and pay a \$188.25 State fee for application and background checks. L. Bonito

This is a 2-session class, first class meets ONLINE Monday a class link will be sent by the instructor, 2nd class meets Wednesday at HVRHS.

Session 1 - Feb 7, Mon, 8-3pm	ONLINE	
Session 2 - Feb 9, Wed, 6-7pm	IN PERSON	\$125

POETIC DESIGN, DISCOURSE, AND WRITING – AN INTRODUCTION

Emerge and refine your linguistic expression! The instructor, the Connecticut State Ambassador for the U.S. Board on Books for Young People, will explore with students poetic design through discourse, written, and visual methodologies. Students learn how to structure poems in various styles and formats; know the audience, cultivate craft, and evaluate publication options.

Y. de St Croix

Feb 15	Tuesday	
6:00-7:00pm	4 sessions	\$40

STEPPING INTO YOUR GREATNESS

Achieving greatness and creating abundance is not age restricted. Time to break bad habits, change negative behaviors and become the person you were always meant to be. Learn to recognize subconscious behavior, how we set up these patterns, techniques to break patterns, and how to create a new mindset.

L. Monaco

Apr 4	Monday	
6:00-8:00pm	2 sessions	\$40

THE SCIENCE OF CRYPTOZOOLOGY (NEW)

Have you ever wondered about Bigfoot or the Loch Ness Monster? This course offers students the chance to understand cryptozoology as a scientific process related most closely to zoology. We will study not only alleged cases of cryptid sightings, but also evidence analysis and critical thinking about credibility. Noteworthy practitioners are also discussed.

K. St. Laurent

March 23	Wednesday	
6:00-8:00pm	5 sessions	\$99

UNDERSTANDING THE PROCESS OF DEATH (NEW)

This course discusses the various physiological effects that occur during the process of death. One can recognize, through the explained three stages, these changes and how to benefit from the experience. Other questions include: How can one share with loved ones as they transition? Via discussion and a presentation, students will find words for various stages perhaps not yet verbalized.

S. Sherman

March 30	Wednesday	
6:30-8:30pm	2 sessions	\$40

Early registration will prevent cancellations!! Register online at www.edadvance.org/ registration or Call if you need a registration form 1.800.300.4781

ONLINE

UNDERSTANDING ATHEISM (NEW)

This course introduces the philosophical underpinnings of atheism and the practical applications of living without a belief in gods. Topics covered include in part: standards of evidence and how they apply to theist arguments for gods; memetics and the persistence of religion; history; and current issues in church/state separation. No required books but there will be suggested reading.

D. Himes

May 18	Wednesday	
6:30-7:30pm	2 sessions	\$20

WINES OF THE WORLD (NEW)

Discover how great varieties are grown and how wines are produced by key regions around the world. Students will learn how and where wine is made, and what makes one bottle taste different from another. Growing, processing, and pairing of specific grape varieties and wines is also discussed by a Litchfield County vineyard owner. Separate from this class, an optional vineyard visit may be announced by the instructor.

A. Senew

May 18	Wednesday	
6:00-7:30pm	1 session	\$20

WWI POLICY'S IMPACT ON HISTORY (NEW)

Historical events ranging from the Treaty of Versailles, German reparations, the rise of dictators Hitler, Mussolini, and Stalin, and the advent of the Cold War are all brought to life by this theatrical director and adjunct professor. Upon class completion, students will understand better the current world's political situation.

T. Gruenewald

Apr 4	Monday	
6:00-7:00pm	5 sessions	\$50

*no class 4/18

RECREATION & LEISURE

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

Feb 17	Thursday	
5:15-6:15pm	4 sessions	\$40

QUICK HIIT

If you want an effective workout that burns calories, then this class is for you. This full-body workout is Tabata inspired. That means we will be moving through both cardio and strength movements quickly. Numerous options will be given so that you can pick your level of intensity. This class is designed to get you in and out, so class will start promptly. I look forward to working out with you!

N. Moore

March 17	Thursday	
5:15-6:15pm	4 sessions	\$40

ONLINE CLASSES INSTRUCTION

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.

Would You Like to Teach a Class?
1.800.300.4781

IN PERSON Classes pg 23-28

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

EDADVANCE, Litchfield

ARTS & CRAFTS

COLORED PENCIL DRAWING

Learn drawing basics using colored pencils including composition, basic drawing shapes, shading, layering, and blending to create still life, landscape, portrait, and wildlife drawings. Instructor will provide a supply list one week prior to class. Maximum 6 students. C. Hurst
March 16 Wednesday
6:00-8:00pm 3 sessions \$59

CRUMB QUILTING (NEW)

Scrap everything you know about quilting with this fun, unique quilting technique. Bring all your scraps, leftover pieces that didn't make the cut (anything one inch or more) and all your rulers to this one-night workshop. Practice using acrylic rulers, and learn the art of improvised quilting. This class is both IN PERSON and ONLINE at the same time. Instructor will send all students a link to participate ONLINE if that is preferred. In person is encouraged. D. Zillich
Feb 28 Monday
5:30-7:30pm 1 session \$20

PAINT FLOWERS IN PASTELS

Capture vibrant jewel colors and varied shapes of flowers in a class presenting soft pastel materials and techniques, composition, color selection, values, and shading, blending, and layering. Instructor will provide a supply list one week prior to class. Maximum 6 students. C. Hurst
Apr 13 Wednesday
6:00-8:00pm 3 sessions \$59
*no class 4/20

WIRE WRAP JEWELRY MAKING

Create unique handmade jewelry through demonstration and hands-on activities. Participants will make earrings with handmade ear wires, a coil bracelet, and wrap-a-stone for use as a pendant. Tools needed for class are a small wire cutter, flat nose and round nose pliers, and chain nose pliers. A \$20 fee for materials due at the first class. S. Tocci
Apr 4 Monday
6:00-8:00pm 2 sessions \$40

WATERCOLOR FLOWERS

Create colorful, textured, shimmering paintings of buds, blossoms, foliage, and garden groupings. This class covers watercolor materials and supplies, composition, and a variety of techniques including color mixing, brushstrokes, washes, and shading. Instructor will provide a supply list one week prior to class. Maximum 6 students. C. Hurst
May 11 Wednesday
6:00-8:00pm 3 sessions \$59

HOME IMPROVEMENT

BACKYARD BEEKEEPING

This introductory class is geared to those curious about honeybees and who may be considering starting hives of their own. Topics discussed will be honeybee biology and behavior, cost, time commitment (by season), equipment, and types of hives. B. Domonell
Feb 28 Monday
6:00-8:00pm 2 sessions \$40

INTRODUCTION TO VOICE (NEW)

Understand the basics of singing via proper posture, breathing, and selection of the right song. Improve your vocal range while having fun in this easy class taught by a music teacher. C. Byram
May 17 Tuesday
6:00-7:30pm 2 sessions \$40

PERSONAL DEVELOPMENT

BASIC SHAMANIC JOURNEYING: A THREE-WEEK EXPLORATION

In a healing workshop, participants will learn core shamanism, encounter power animals, and journey with spirit helpers. In this three-week course, find out how to implement shaman techniques into your daily life. Bring a blanket, bandana, and a notebook. A. Borstein
Feb 16 Wednesday
6:00-7:30pm 3 sessions \$45

MINDFULNESS MEDITATION

In this class, you will learn how habitual thought patterns contribute to stress and lack of ease in daily life. Learn basic mindfulness meditation techniques that help cultivate a different relationship with our mind, fostering resilience and peace. Upon successful completion of the course, the student will be able to understand the role of thought and use targeted techniques to embrace present moment awareness and engagement. Discuss the nature of the mind/thought; the neuroscience of habit; supporting philosophies of meditation, and skillful ways to find presence. S. Klapper
March 22 Tuesday
6:30-7:30 1 session \$20

RECREATION & LEISURE

AARP SMART DRIVER COURSE

In this refresher course for drivers 50+ years old, participants review the challenges faced by aging drivers and receive guidance on how to continue driving safely. Students must bring their AARP card to class if they have one. There will be a fee payable to "AARP" at the time of class, \$20 fee for members and \$25 for non-members. There will be a short break. Please arrive 15 minutes before class starts. M. Forbes
Apr 25 Monday
1:00-5:00pm 1 session Free

IN PERSON

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

POUND

Become the music in this exhilarating, full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Marlene is an AFAA-certified group fitness instructor and certified Pound Pro. All you need is a pair of Rip Stix - see poundfit.com for more details and <https://shop.poundfit.com/shop/ripstix/> for purchasing information. Rent a pair for \$25 from the instructor. This class is both IN PERSON and ONLINE at the same time. Instructor will send all students a link to participate ONLINE if that is preferred. In person is encouraged. M. Deyo

Feb 28	Monday	
5:30-6:30pm	6 sessions	\$60
Apr 11	Monday	
5:30-6:30pm	6 sessions	\$60
*no class 4/18		

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

Feb 8	6 sessions	
5:00-6:00pm	Tuesdays	\$60

EXCURSIONS

LIMITED SEATING

Please NOTE: We are not responsible for changes made to the itinerary by Friendship Tours. Most trips require walking. All trips follow local restrictions such as social distancing and proof of vaccination where required. Once your trip is booked, no refunds

THIMBLE ISLAND CRUISE/CHOWDER POT LUNCH

Board the *Sea Mist* for a cruise along the rocky isles off Stony Creek Coast in Branford, CT. See the estates and learn the stories of these beautiful islands- a hidden gem along the Connecticut shore. These islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. A delicious lunch is served at the Chowder Pot Restaurant in Branford, CT. *Approx. 2 block walk to the boat on a paved hill.

May 21	Saturday	\$134
Departure	10:45 AM	EdAdvance
Return	6:30 PM	EdAdvance

BRONX ZOO

Hailed as America's largest urban zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Your total experience pass includes full admission, zoo shuttle, Wild Asia monorail, the Butterfly Garden, Bug Carousel, Congo Gorilla Forest, Jungle World, and Tiger Mountain. Food is available for purchase.

June 11	Saturday	\$115
Departure	8:00AM	EdAdvance
Return	7:00 - 8:00 PM	EdAdvance

Housatonic Valley Reg. HS, Falls Village

ARTS & CRAFTS

INTRODUCTION TO KNITTING (NEW)

Students discover how to cast on, knit and purl, cast off and sew up -- all the basic techniques to knit hats, scarves, and sweaters happily and successfully. You will learn how to read a pattern; knit different stitches; seam up; block; and care for finished projects. Students should bring size 7 needles and light-colored worsted weight yarn to the first night of class. R. Melville

Feb 2	Wednesday	
6:00-8:00pm	5 sessions	\$99

MUSIC & DANCE

ADULT TAP DANCE (NEW)

Learn the basics and get moving with this adult tap course. Great for beginners as well as people who are interested in expanding their dance vocabulary. Steps can be modified to fit your level of experience. Tap shoes required. A. Trimble

Apr 27	Wednesday	
5:30-6:30pm	6 sessions	\$60

PERSONAL DEVELOPMENT

BEYOND THE BREED: EXPLORING CAT DNA (NEW)

With the growing popularity of feline DNA kits, this interactive course gives students a background in feline genetics, evolution, and health. A Connecticut Humane Society teacher helps you identify cat breeds and understand the rise of the domestic housecat. A. Marshall

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

BEYOND THE BREED: EXPLORING DOG DNA (NEW)

To fully understand how a small-dog mix could have German shepherd in its DNA, you need to learn about canine genetics. This interactive course gives students a broad picture of dog breeds, canine evolution, and phenotypes. A. Marshall

March 9	Wednesday	
6:30-7:30pm	1 session	\$20

CT HISTORY IN COLONIAL TIMES & BEYOND

Students will survey milestones in Connecticut history from the colonial period to the mid-19th century. Special attention will be given to CT political and economic history during the American Revolution and the Industrial Revolution. Comprehend how past events shape the world we live in today. CLASSES HELD AT SHARON HISTORICAL SOCIETY, 18 MAIN STREET, SHARON. Class is IN PERSON and ONLINE at the same time. B. Lisi

March 1	Tuesday	
6:00-8:30pm	2 sessions	\$50

IN PERSON

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

WHAT IS A PLASTIC SURGEON? PROCEDURES FOR REJUVENATION & HOW WE AGE (NEW)

Plastic surgery is a specialty that restores and reconstructs the human face and body. While such procedures have gone mainstream and seem omnipresent in today's world, this course details what is involved with such surgeries. Upon successful completion of the course, the student will be able to understand aging and procedures for rejuvenation of the face. J. Rosenthal, M.D.

March 9 Wednesday
6:30-8:30pm 1 session \$20

Northwestern Reg 7 HS, Winsted

PERSONAL DEVELOPMENT

10 WARNING SIGNS OF ALZHEIMER'S

The instructor describes typical age-related memory changes, how to recognize common warning signs of Alzheimer's and dementia and explain the importance of early detection. J. Labrie

Apr 28 Thursday
6:30-8:00pm 1 session Free

BOOK APPRAISING

An experienced appraiser determines the approximate value of the participants' books. Students will find out what qualities make some books more valuable than others, how and where to research to determine their value and what markets are available to them. There is a 12-book per person maximum. B. Seymour, Colebrook Book Barn

March 10 Thursday
6:00-8:30pm 1 session \$25

THE U.S. CONSTITUTION (NEW)

A quick start guide to becoming familiar with the Founding Fathers' most important documents, including the Articles, Amendments, and the Bill of Rights. Via class lectures, discussions, and DVD presentations, students will gain a greater understanding of the U.S. Constitution as it applies to daily life. M. Knap

Feb 1 Tuesday
6:00-8:00pm 5 sessions \$99

*no class 2/22

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. J. Labrie

March 10 Thursday
6:30-8:00pm 1 session Free

Pomperaug HS, Southbury

FINANCE

RETIREMENT PLANNING TODAY

This course addresses the retirement planning process and covers the impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues.

P. Mariano & J. Castaldi

March 8 Tuesday
6:00-8:30pm 2 sessions \$30

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, probate process and how it works. All students will receive an easy-to-understand estate planning guidebook written by our attorneys. L. Arnold, Esq.

March 22 Tuesday
6:00-7:30pm 1 session \$20

LANGUAGE

LEARNING THE WORLD IN SPANISH (NEW)

Learn advanced conversational Spanish using the past and future tense. Participants will explore some of the common cultural expressions of the Spanish-speaking world. Class is designed for students with prior exposure to the language.

R. Espinosa-Reyes

March 7 Monday
6:00-8:00pm 5 sessions \$99

SPANISH IS FUN I

Learn beginning conversational Spanish, basic vocabulary, and present grammar along with the 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 Tuesday
6:00-8:00pm 4 sessions \$79

*no class 4/12

SPANISH IS FUN II

Participants will expand knowledge of basic vocabulary, present grammar, and Spanish culture using the same book as Spanish I. R. Espinosa-Reyes

May 17 Tuesday
6:00-8:00pm 4 sessions \$79

IN PERSON

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

PERSONAL DEVELOPMENT

THE LIFE & TIMES OF AARON BURR (NEW)

Aaron Burr was a multi-faceted person, politician, and skilled lawyer, Patriot of The American Revolutionary War, and Vice President of The United States. It was also rumored that he may have been involved in a plot of treason against the United States. Learn the story of this man and his place in American History. L. DiMartino

Apr 18	Monday	
6:00-8:00pm	1 session	\$20

THE LIFE & TIMES OF THOMAS PAINE (NEW)

Hero of The American Revolution, political writer, and radical thinker. These are some of the things that make Thomas Paine a unique figure in American history, but after the American Revolutionary war, he had a whole different career that is not often covered in American History books. Learn what happened to him in the years after war. L. DiMartino

March 28	Monday	
6:00-8:00pm	1 session	\$20

THE ROOSEVELTS: A TALE OF TWO PRESIDENTS & A FIRST LADY (NEW)

The Roosevelts were a family that descended from the original Dutch settlement of New York. Learn how the Roosevelts helped to create the modern world we live in today and their place in American history. This presentation is a must for lovers of American history. L. DiMartino

Feb 28	Monday	
6:00-8:00pm	1 session	\$20

**Torrington HS,
Torrington**

ARTS & CRAFTS

TWO CLASSES PRESENTED BY JESSICA BARTLET BIRDS!

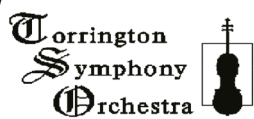
Learn some simple watercolor brush techniques to create a stunning avian study! Drawing skills need not apply! All you need is a round brush and fun colors. Discover materials, basic paint handling skills, and the magical element of suggestion in painting. All levels are welcome. J. Bartlet

Apr 4	Monday	
6:00-8:00pm	1 session	\$20

SPRING IN NEW ENGLAND

Celebrate the springtime in New England with a bucolic barn landscape. Learn basic wet on wet techniques with some watercolor magic. Drawing skills need not apply! A sketchbook scale copy of the drawing will be sent out to students ahead of time to transfer. Topics include an introduction to materials and basic paint handling skills. All levels are welcome. J. Bartlet

Apr 11	Monday	
6:00-8:00pm	1 session	\$20



113 Buena Vista Avenue
Torrington, CT 06790

**TORRINGTON
SYMPHONY
ORCHESTRA**

The Torrington Symphony Orchestra is a community orchestra of Northwest Connecticut that has been in existence since 1961. The goal of the Orchestra is to promote both interest and appreciation of orchestral music, through symphonic concerts for the enjoyment, enrichment and benefit of the community. Membership consists of gifted students to professionals, all possessing adequate playing ability. The Symphony has 4 major concerts a year, one each season. Rehearsals are held at the Torrington Middle School on Wednesday evenings.

For more information, call Harris C. Daigle
860-482-1253 or daig3@aol.com

ORIGAMI FOR THE BEGINNER

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

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

COMPUTERS

EVERYTHING GOOGLE (NEW)

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	Wednesday	
6:00-8:00pm	4 sessions	\$79

PERSONAL DEVELOPMENT

MINDFULNESS MEDITATION

Learn how habitual thought patterns contribute to stress and the lack of ease in daily life. Learn basic Mindfulness Meditation techniques to cultivate a different relationship with your mind, fostering resilience and peace. Understand the nature of the mind/thought; the neuroscience of habit; philosophies of meditation, and skillful ways to find presence. S. Klapper

March 1	Tuesday	
6:30-7:30	1 session	\$20

IN PERSON

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

RECREATION & LEISURE

TENNIS FOR ADULT BEGINNERS

Learn the basics of tennis. Class will cover ground strokes, volleys, serving as well as scoring and doubles positioning. Participants should wear sneakers and can borrow tennis racquets. Pinewoods can customize times for a new group, contact Bob Cofer at (860) 482-9424. CLASSES HELD AT PINWOODS HEALTH AND RACQUET CLUB, 104 PINWOODS ROAD, TORRINGTON.

ALL CLASSES ARE \$66 FOR 4 CLASSES

Jan 18	Tuesday	6:00 - 7:00 pm
Jan 20	Thursday	11:00 am - Noon
March 1	Tuesday	11:00 am - Noon
March 2	Wednesday	6:00 - 7:00 pm

THE ART OF FLY TYING

Learn fly-tying skills and advanced techniques used to tie streamers, dry flies, nymphs, and bass flies. Discussion may include, entomology, hydrology, and ichthyology. There is a \$25 material fee on the first night of class. D. McDevitt

May 3	Tuesday	
7:00-8:30pm	4 sessions	\$59

Watertown HS, Watertown

ARTS & CRAFTS

KNITTING 101 (NEW)

New or struggling knitters will master the cast-on, knit and purl stitches, common textures found in knitting patterns, and bind-off. This class is both IN PERSON and ONLINE at the same time. Instructor will send all students a link to participate ONLINE if that is preferred. We encourage in person participation.

D. Zillich		
Feb 23	Wednesday	
6:00-8:00pm	5 sessions	\$99

COMPUTERS

COMPUTERS AND DISTANCE APPLICATIONS

This course is intended for novice computer/Internet users to expand their use of the Internet for everyday applications. Learn brief history of PCs, the Internet, and online learning. Students will need to have their own computer or device for this class. This class is both IN PERSON and ONLINE at the same time. Instructor will send all students a link to participate ONLINE if that is preferred. We encourage in person participation.

M. Gannon		
March 28	Monday	
6:00-8:00pm	3 sessions	\$59

FINANCE

RETIREMENT PLANNING TODAY

This course addresses the retirement planning process and covers the impact of inflation, taxes, investment basics, types of retirement plans, insurance, and estate issues.

P. Mariano & J. Castaldi

March 23	Wednesday	
6:00-8:30pm	2 sessions	\$30

LANGUAGE

ABC ITALIAN

You will be introduced to basic Italian 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	Wednesday	
6:00-8:00pm	4 sessions	\$79

GERMAN FOR TRAVEL

For the student who is planning to travel to 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. C. Byram

March 7	Monday	
6:00-8:00pm	4 sessions	\$79

PERSONAL DEVELOPMENT

INTRO TO ENERGY HEALING

Encourage your body to balance its own energy system. Practice relaxation and stress reduction. Feel the universal energy, and scan your body for energy blockage. This class is a good precursor for Reiki. C. Byram

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

REIKI I CERTIFICATION

You will learn to share Reiki with your family, friends, and pets, or even expand to the community as a volunteer. Discussion on the Reiki Level I attunement, hands-on practice, and handout materials. Instructor will hand out certificates at completion. C. Byram

May 3	Tuesday	
6:00-8:30pm	2 sessions	\$50

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2earnCT

IN PERSON

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

Woodbury MS, Woodbury

ARTS & CRAFTS

BEGINNER STAINED GLASS WORKSHOP

Learn the basic techniques of stained glass: cutting, grinding, foiling, and soldering. Participants will create a sun catcher of their choice to take home. There will be a \$10 (cash) material fee payable to the instructor on the first night of class.

S. Segovia

Feb 28	Monday	
6:00-8:00pm	2 sessions	\$40

MORAVIAN STAR GLASS WORKSHOP BEGINNER

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

Apr 20	Wednesday	
6:00-8:00pm	2 sessions	\$40

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. There is a material fee of \$15 cash payable to the instructor.

M. Lefevre

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

STAINED GLASS JEWELRY

Participants will design and create their own wearable art while learning the basic techniques of cutting, foiling, and soldering stained glass. Create a pair of earrings and a matching pendant. There is a material fee of \$12 cash payable to the instructor in class.

S. Segovia

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

FINANCE

AFFORDABLE HEALTHCARE

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

March 23	Wednesday	
6:30-8:30pm	1 session	\$20

PONDERING RETIREMENT

Are you overwhelmed by thinking about retirement? Do you know all the facts and information you need to make an educated decision? Are you aware of the penalties with Medicare? Could you retire now? When do you claim Social Security? Learn all you need to know from Medicare + Healthcare, Life Insurance, Long Term Care Planning, Social Security Planning, and much more. J. Dorso

Apr 25	Monday	
6:30-8:30pm	1 session	\$20

HOME IMPROVEMENT

FURNITURE FINISHING-BRING WOOD TO LIFE

Learn to restore that special piece or tag sale find. Learn to sand, strip, stain, repair, and finish. If it's wood, we can fix it and return it to its original condition and value. You can bring a small piece of furniture to class. A supply list will be given to students in the first class. V. Dorso

Feb 28	Monday	
6:30-8:30pm	6 sessions	\$119

MUSIC & DANCE

BEGINNING BALLROOM DANCING

Learn social dancing fundamentals and basic steps plus more for several of the most popular ballroom dances! Our goal is to have a fun time in our zero-stress environment - even you "never, ever" dancers will enjoy yourself right away! We will select from among the following each evening: the most popular worldwide dance (SWING), the most popular Latin dance (SALSA), the coolest dance (WEST COAST SWING), the easiest to learn (MERENGUE) and the float-on-air dance everyone should know (WALTZ)! J. Zaccaria

Apr 20	Wednesday	
6:30-8:30pm	3 sessions	\$25pp

BEGINNING SWING DANCING

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.

J. Zaccaria

May 18	Wednesday	
6:30-8:30pm	2 sessions	\$20pp

RECREATION & LEISURE

SELF-DEFENSE 101 (NEW)

Participants learn how to avoid being attacked and how to defend yourself. Learn from a fifth-degree black belt martial artist. Students master easy strikes and learn statistics on crime and sexual assault. Participants should wear comfortable, loose-fitting clothing to practice forms. Participants will need to sign a risk agreement before starting class. S. Leeper

March 7	Monday	
6:00-7:30pm	3 sessions	\$45

Our goal is to offer high quality, diverse educational programs at affordable prices.

NO participants under 18 years of age are allowed.

Course Registration & Confirmation

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

Credit Card Use Processing Fee

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

Registration Deadline

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

Refund Policy

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

Free Adult Education Classes

There is no tuition fee for Pre-GED, ESL, GED®, Citizenship, Credit Diploma, or NEDP classes. Classes are available in Falls Village, Torrington, Watertown, Winsted, or Woodbury. Credit Diploma or National External Diploma require an appointment to enroll.

No Charge for Materials For Mandated Courses

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

Receipts

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

Materials/Additional Fees

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

Room Assignments

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

School/Weather-Related Cancellations

Adult Education classes will not be held when schools are closed for vacation, holiday, parent-teacher conferences, teacher schedule conflicts, or inclement weather unless online. Courses held at EdAdvance Litchfield, are not necessarily canceled when schools are closed. If inclement weather begins in the late afternoon, please check the following for closing announcements;

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

Disclaimer

As a service to the community, EdAdvance offers enrichment courses through its Foothills program. These courses are conducted by persons experienced in their respective fields but who may have certain perspectives and biases about their subject matter to which EdAdvance, its 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's nondiscrimination policies should be directed to Susan Domanico 860.567.0863

General Accessibility and Accommodation

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

***Masks are required for all IN PERSON classes or testing regardless of vaccination status until further notice.**

DO YOU HAVE QUESTIONS?

Phone: 1.800.300.4781 or 860.567.0863

Fax: 860.567.3381

E-mail: adulthood@edadvance.org

Write: EdAdvance

ATTN: Foothills Adult & Continuing Education

P.O. Box 909 • Litchfield, CT 06759-0909



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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

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- Pre-GED
- Citizenship
- English as a Second Language
- General Education Development (GED)
- Credit Diploma
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Ask about our instructor-facilitated online
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*For more information or to register, call 1.800.300.4781
or visit us online at www.edadvance.org/registration*