

Newtown Continuing Education

A central graphic for the Spring 2020 Brochure. It features a cluster of green grass blades, white daisies, and yellow dandelions. Two monarch butterflies are perched on the grass, and a ladybug is visible on one of the daisies. The text "Spring 2020 Brochure" is written in a black, serif font on a white, scalloped-edged background.

Spring 2020 Brochure

10% Early
Registration Discount
Available Through
2/21/20

*Newtown Continuing Education
Located In Newtown High School
12 Berkshire Road, Sandy Hook, CT 06482
(203) 426-1787
www.newtowncontinuinged.org*

25% Senior Discount
Available At All
Times

Hello Friends Old and New,

I don't know about you but I always look at spring with an eye to doing something new. It feels like a new world after a long winter's nap. I can look forward to planning a road trip, starting a new project, planting a new garden. What's in your plan book? Need some help with that new project? Maybe a class?

We have 44 new classes as well as many of your old favorites.

Our new classes include: Qigong and Tai Chi Easy, Karate, One Dance, Advanced Cognitive Training For Added Mindfulness, Jazz, Reading Tarot Cards, Mosaic Garden Art, Sandblasted Garden Party Lights, Classic Mending and Alteration Techniques, Basics of Drawing, Studio Fashion Photography Workshop, Raising Goats, Beginners Guide To Seeds, Gardening Indoors For Happy Houseplants, The World of Jules Verne and H.G. Wells, World of James Fenimore Cooper, Lon Chaney, The American Revolution, Smartphone Photography for Beginners, Smartphone Photographic Art For Everyone, Using Gmail and Google Calendar, Power-Point, Windows 10, Backup Strategies, Google Docs and Google Sheets, Long-Term Care Planning, Short Story or Memoir Writer, Medicare, Medicaid, Family Life Planning, Yoga With Eliza Ann, Safe Boating/Personal Watercraft, Bus Trips: Culinary Institute of America, Metropolitan Museum of Art, Great Jack-O-Lantern Blaze, Highline and Hudson Yards and more!

If you have any questions or we can be of assistance in any way, please call our office at (203) 426-1787 or visit our website www.newtowncontinuinged.org.

Elissa Gellis
Director
Newtown Continuing Education



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If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward.

~Martin Luther King Jr.~

SECURITY OFFICER LICENSE TRAINING

Prepare for your Connecticut Security Officer Guard License with LJB Security Training.



Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application to the Connecticut Department of Emergency Services and Public Protection. This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. Connecticut laws will be reviewed, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about: the use of force continuum, fire safety, the history of security, work place violence, terrorism, communication skills and more. **No discounts apply.**

Course #6244 Tues/Wed NHS
5:30-9:30 PM 3/10, 3/11 2 Classes
Louis Bonito Fee \$125

WRITING FOR REACH COLLEGES:

SHOW! DON'T TELL!

Learn how to write dynamite college admission essays. This one-night class offers the powerful, attention-getting *Show! Don't Tell!* Techniques for writing narratives that LEAP off the page. Examples and appropriate handouts guide students to write effective compositions. Copies of the book *Show! Don't Tell! How to Personalize College Applications* with 75 actual student writing samples will be available for perusal and purchase. Students and parents are encouraged to attend together. Private editing sessions may be arranged for a fee when students complete their essays.



Course #2321 Wednesday Trumbull HS
7:00-9:15 PM Starts 4/22/20 Room C-3
Susan Berescik Fee \$29

NEW CLEAR HOME, CLEAR HEART

One of the top New Year's Resolutions aside from losing weight is getting organized! It's Spring Cleaning time! Are you overwhelmed by clutter but unsure how to organize it? Have you made past attempts to declutter and get organized only to be disappointed? This class shows you step-by-step how to clear the clutter. More than just information, you will put into action the best organizing solution. Organizing is a skill that can be learned and this class is the first step. Please bring a purse/handbag/backpack to class (do NOT pre-organize.) You can also email questions you would like to discuss ahead of time through her website—InnerSpacesbyKaren.com.



Course #5320 Wednesday NHS
8:00-9:30 PM Starts 3/25/20 1 Class
Karen Pierce Fee \$39

Course #5245 Wednesday NHS
8:00-9:30 PM Starts 5/6/20 1 Class
Karen Pierce Fee \$39

InnerSpaces by Karen Design

NEW STARTING AN IN-HOME BUSINESS ON ETSY

Are you a crafter, jewelry maker, wood worker or other type of artist and want to start to sell your work on-line? Etsy is one of the top selling online stores for artists. You will learn to to get your store up and running, create your brand and style to set you apart, design merchandise that will sell, take eye catching photos, what not to do and much more.....!!! If you already have a site, bring your laptop. Choose either night. **No discounts apply.**



Course #6343 Wednesday NHS
7:00-9:00 PM Starts 3/18/20 1 Class
Kelly Rother-Morris Fee \$ 44

Course #6344 Wednesday NHS
7:00-9:00 PM Starts 5/13/20 1 Class
Kelly Rother-Morris Fee \$ 44

NEW SO YOU WANT TO BE AN AUTHOR, SHORT STORY OR MEMOIR WRITER

Now that you have retired or have some free time, have you been thinking about a new career as a writer or putting together a family memoir? It can be very rewarding and create a legacy for your family to complement your Ancestry Genealogy work. Remember, don't procrastinate—you cannot do it later. This class will be a hands-on, how-to approach by someone currently writing three books and involved in creative writing, editing, printing and publishing.



Course #5321 Wednesday NHS
6:30-8:30 PM Starts 4/22/20 1 Class
Curt Symes Fee \$29



NEW THE HEALING PROMISE OF QIGONG AND TAI CHI EASY™

Ready for the new and improved you? Learn to “Stay in the Best Shape of Your Life”. Activate “the healer within” using traditional Chinese reflexology, breathing, gentle movement, and meditation. Become balanced, flexible, and graceful while relieving pain, reducing stress, and healing disease, enjoying mental clarity, peace, and relaxation. There is a materials fee of \$17 payable to the instructor at the first class.



Course #6431 Thursday NHS
6:00-7:00 PM Starts 3/12/20 8 Classes
Audra Mace Fee \$119

NEW ADVANCED COGNITIVE TRAINING FOR ADDED MINDFULNESS

This program is based on recent research in the neurosciences that identifies a very powerful info-processing brain mechanism that decides how we elevate our understanding of what and when we process information. It involves making a deliberate effort to identify/recognize new patterns that were not previously obvious. Some of our great scientists and innovators were able to challenge the existing thinking, seek out and recognize new insights and ideas that could change their perceptions, develop new perspectives and discoveries. Through this seminar you will gain: useful information that will help: improve understanding, challenge what is presented, become productive learners and improve the quality of thinking.



Course #6440 Thursday NHS
7:00-9:00 PM Starts 4/29/20 4 Classes
Dr. Rudy Magnan Fee \$99

MEDITATION AND MINDFULNESS WORKSHOP—AN INTRODUCTION

This one-evening workshop is designed to reach the basics of meditation and mindfulness. The presentation will increase awareness of the proven benefits of meditation and mindfulness and provide tools to build a strong foundation to meditation practice.



Course #6142 Monday NHS
6:30-7:30 PM Starts 3/9/20 1 Class
Shyria Barker Fee \$29

BEGINNER MEDITATION AND MINDFULNESS I

This beginner class will explore what meditation is and what it is not; provide guided instruction into meditation and mindfulness practices; provide methods for integrating mindfulness into daily life and finding a still quiet place within that will ultimately reduce stress and empower you to choose love over fear. NOTE: see yogaaccessories.com or amazon.com to order a meditation pillow (zafu) and meditation mat (zabuton). A yoga mat may be used in place of the meditation mat or you may use a chair. Limited to 15 students.



Course #6112 Monday NHS
6:00-7:45 PM Starts 3/16/20 5 Classes
Shyria Barker Fee \$129

ADVANCED MEDITATION AND MINDFULNESS

This course is designed to offer guidance and support to individuals with foundational mindfulness/meditation training to maintain, refine and enhance their meditation practice and bring it more uniquely into their lives. Meditation practice will begin at 20 minutes per session. The class will review and discuss various classic sacred texts and videos applicable to practice. Supplies: Please bring meditation pillows (Zaful and zabuton) and/or yoga mat and a journal book.



Course #6114 Monday NHS
6:00-7:30 PM Starts 4/27/20 5 Classes
Shyria Barker Fee \$119

NEW JAZZ—AMERICA'S MUSIC

Music in all of it's forms is a fundamental part of our lives. Jazz is the only true form that was created by musicians in our country.



If you have ever been curious, know a little, or would like to know more, join me as we explore this amazing music. Learn about the lives, music, and influence of pioneers like Miles Davis, Dave Brubeck, John Coltrane, Chet Baker, and others. It's all in the listening. Discover what to listen to and how to listen to this most inventive and creative form of music called JAZZ!

Course #6247 Tuesday NHS
6:00-8:00 PM Starts 3/17/20 6 Classes
Bob Chiappetta Fee \$99

Class Registration confirmations are not mailed.
If you signed up for a class, assume you are registered and plan to attend. You will be notified if a class is cancelled or filled.

RESEARCHING OUR ROOTS—AN INTRODUCTION TO GENEALOGY

Are you interested in beginning to build your family tree? Join instructor Sarah Miller as she presents strategies for getting started with your ancestral research using a variety of online sources.

We will focus on the types of American records available and how to locate them. The presentation is followed by guided research time with access to several paid genealogical subscriptions. Please bring family documents and information, as well as a tablet or laptop.

No discounts apply.

Course #6262 Tuesday NHS
6:00-8:30 PM Starts 4/7/20 1 Class
Sarah Miller Fee \$49

RESEARCHING OUR ROOTS: DIGGING DEEPER

Genealogical research is quite rewarding, but can also be challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family? Join instructor Sarah Miller as she shares tips and tools to help you dig deeper into your family's past. Sara will present a case study of how she solved a difficult family mystery, and will introduce international research. She will also discuss strategies to feel confident in sourcing your research. Please bring any family documents and information you have, as well as a tablet or laptop for guided research time. **No discounts apply.**

Course #6264 Tuesday NHS
6:00-8:30 PM Starts 4/21/20 1 Class
Sarah Miller Fee \$49

NEW READING TAROT CARDS

This class is an introduction to reading tarot cards. In the classic 78-card tarot deck, there are 22 cards known as the Major Arcana. They tell the story of The Fool, a spirit without name, gender, or identity of any kind. The Fool goes on a journey to discover life, and ultimately, their own nature. It is our story, the greatest story ever told.



The other 56 cards of the Minor Arcana depict scenes and personalities from our daily lives to provide clarity in complex situations. You will learn two simple tarot spreads, and techniques for working with cryptic imagery or symbolism. You will have a solid understanding of how to read the Major and Minor Arcana cards for yourself and others. Please bring a tarot deck, preferably the Rider-Waite (also called Smith-Waite). It will also help to bring a notebook and pen to take notes. Fee includes a manual. **No discounts apply.**

Course #6651 Saturday NHS
11:30-1:00 PM Starts 3/14/20 3 Classes
Taran Darcy Fee \$89

REIKI I CERTIFICATION

Reiki is a Japanese work which translates to “universal life-force energy”. The traditional system of working with this energy is known as Usui Reiki Ryoho. The teachings are holistic, integrating the physical, mental, emotional, and spiritual aspects of wellness. Each of the five Reiki precepts address our emotional health. The daily meditation technique promotes a calm and clear mind. Reiki energy work allows for a deep physical relaxation and spiritual well-being. Finally, students learn the hand positions to give Reiki treatments for themselves and others. Reiki is a spiritual practice but it is not a religion, and does not interfere with nor require any religious beliefs. Reiki can have physical benefits, but it is not a replacement for conventional medicine. **No discounts apply.**



Course #6648 Saturday NHS
9:00-11:00 AM Starts 3/14/20 2 Classes
Taran Darcy Fee \$149

REIKI 2 CERTIFICATION

Students must present their Reiki 1 certificate on the first day of class to receive a Reiki 2 attunement. If the student has studied Reiki 1 outside of the Usui Reiki Ryoho tradition, or they are unsure, please contact the teacher for eligibility. Reiki 2 is practitioner level. We learn the symbols for distance treatments, mental and emotional balance, and the power school. This class is a deeper exploration of how we integrate Reiki into our daily lives. Students will be encouraged to take a fresh look at their meditation practice, how they live the Reiki precepts, and their approach to Reiki treatments. Students will leave this course with tools and ongoing support for integrating Reiki into their daily life. **No discounts apply.**



Course #6650 Saturday NHS
9:00-11:00 AM Starts 3/28/20 2 Classes
Taran Darcy Fee \$149

It is our policy to include something for everyone. Since some people like to find errors, we include a few in our publications to meet this need.



NEW MOSAIC GARDEN ART

As the weather warms, I am sure you are thinking of ways to decorate your garden! Well, in the warmth of my home-based studio, we will do just that! In this 3-session class you will create a lovely mosaic piece that can either be used as a stepping stone or house marker. This would make a lovely Mother's Day gift! There is a \$13.00 materials fee payable to the instructor at the class. All materials and tools provided. **Limited to 8 students.** Studio is NOT handicap accessible (stairs).



Course #1131	Monday	Studio
6:30-9:30 PM	Starts 4/6/20	3 Classes
Kelly Makuch		Fee \$69

All classes held at Kelly Makuch Studio
222 Brushy Hill Road, Newtown, CT

NEW SANDBLASTED GARDEN PARTY LIGHTS

Learn sandblasting glass while creating a garden party light out of a recycled wine bottle. This project will surely add a delightful twinkle to any garden table! Samples will be available for inspiration! Please bring clean, empty and dry, label-free wine bottle from home if you have a special color in mind or choose from available bottle choices at the studio. A great Mother's Day Gift idea! There is a \$9.00 materials fee payable to the instructor at the class. All materials and tools provided. **Limited to 8 students.** Studio is NOT handicap accessible (stairs).



Course #1633	Saturday	Studio
1:30-4:30 PM	Starts 5/9/20	1 Class
Kelly Makuch		Fee \$59

All classes held at Kelly Makuch Studio
222 Brushy Hill Road, Newtown, CT

NEW FUSED GLASS—GARDEN MUSHROOMS

Using frit and bits of glass added to a pre-cut clear base, you will create a six-inch mushroom cap of your own design. These adorable adornments are great for adding a little whimsy to your garden! They will be ready to install onto a wine bottle. Some optional ways to mount your cap will be discussed. Please wear closed heeled and toed shoes along with long pants. **Limited to 8 students.** Studio is NOT handicap accessible (stairs).



Course #1759	Sunday	Studio
10:30-1:30 PM	Starts 5/31/20	1 Class
Kelly Makuch		Fee \$59

All classes held at Kelly Makuch Studio
222 Brushy Hill Road, Newtown, CT

NEW SEW QUICK AND EASY DECORATIVE PILLOWS

Learn to make quick pillows in almost any fabric! Gorgeous pillows spruce up any room, but are expensive to purchase. Learn to make your own in very little time, and match your décor. These pillows feature a simple lapped-back construction—no zipper or buttons required. Learn the formula to plan a cover to fit any rectangular or square pillow form. Bring your working sewing machine with thread, needles, bobbins and manual. Instructor will provide supplies for one 16" by 16" practice cover (pillow form not included).

Course #1474	Thursday	NHS
6:00-8:00 PM	Starts 5/21/20	1 Class
Sarah McFarland		Fee \$49

SEWING MACHINE BASICS

Do you have a sewing machine collecting dust in a closet? Learn how to use it! We will cover what each part does and how to set up your sewing machine and start sewing. Learn how to thread it, how to wind a bobbin, and how to adjust the settings. You will become comfortable with your sewing machine and discover how to use its best features and attachments. Students should bring their sewing machine with manual, accessories, needles, and bobbins to class. Instructor will provide general sewing supplies (thread, pins, scrap fabric) for practice. **Limited to 6 students.**

Course #1473	Thursday	NHS
6:00-8:00 PM	Starts 5/7/20	1 Class
Sarah McFarland		Fee \$49

BEGINNER KNITTING CIRCLE—AGES 18 & UP

Make time for yourself and learn to knit! If you've always wanted to knit, but didn't know where to start, or need to brush up the basics, this course is for you! Learn to cast on, knit, purl and more, creating a fashionable project to start! Knitting is a great hobby that can be transported with you. Knit at sports events, waiting rooms, etc. using snippets of time! Learn about different fibers, try out different types and sizes of needles, and more! Crochet basics will also be taught. **Students need to bring in a skein of SUPER bulky-weight yarn (recommended: Lion brand Wool-Ease "Thick N Quick" available at Joann's, Michaels, or Amazon) of their choice, and US size 13 or 15 knitting needles to start.**



Course #1370	Wednesday	NMS
6:45-7:45 PM	Starts 3/25/20	8 Classes
Nicole Christensen		Fee \$129

Course #1371	Wednesday	Teen Ctr
11:00-12:00PM	Starts 3/25/20	8 Classes
Nicole Christensen		Fee \$129

INTERMEDIATE KNITTING CIRCLE—AGES 18 & UP

For those who can cast on and knit garter stitch, and are ready to build more skills (or have completed the beginner course). Several projects will be created starting with an "oh so cute" hat that can be made in sizes from children to adults, as well as a seamless project "knitting in the round" on circular needles. In this comprehensive, step-by-step, fun class, you will learn to read patterns, check gauge, master more difficult stitches (including cables) and more! **Students need to bring in size 10 (longer length preferable) straight needles and one skein (150 yards) of worsted weight yarn of their choice to start. Other materials needed will be discussed in class. Students can also bring independent projects for help as well.**



Course #1492	Thursday	NMS
6:45-7:45 PM	Starts 3/26/20	8 Classes
Nicole Christensen		Fee \$129

Course #1393	Wednesday	Teen Ctr
12:15-1:15 PM	Starts 3/25/20	8 Classes
Nicole Christensen		Fee \$129



CLASSIC MENDING AND ALTERATION TECHNIQUES

Make your clothes fit better and last longer.



Our grandmothers (and grandfathers!) knew how to save money and resources with mending. Learn the tools

you need for a mending kit; the right way to sew on buttons; how to hem jeans, and how to “darn” or fill in holes in socks and sweaters. Learn valuable skills to extend the life of your favorite garments. Instructor will provide sample sewing supplies (thread, buttons, pins, scrap fabric) for techniques practice. Students should bring one mending project to class for assessment and solutions.

Course #1475 Thursday NHS
6:00-8:00 PM Starts 4/23/20 1 Class
Sarah McFarland Fee \$49

LIFE DRAWING

Working from a costumed model, our life drawing sessions are structured traditionally with a series of gestural warm-ups, followed by 20 min poses, and concluding with one long pose. Beginners are encouraged to attend and instruction will be provided; advanced artists may work in any media they chose. Basic drawing materials (pencils, paper, charcoal) will be provided. Life Drawing is ideal for beginners, art students developing portfolios, and advanced artists looking to stay sharp. A \$25.00 models fee is payable to the instructor at the first class.



Course #1350 Wednesday NHS
6:00-7:30 PM Starts 3/25/20 6 Classes
Michael Obre Fee \$99

BASIC WATERCOLOR TECHNIQUES

Come and explore the art of watercolor painting. This course will include the basic techniques for using watercolor as an expressive and versatile way to paint. Basic drawing/illustration techniques for artists will be covered. The class will include more advanced techniques for students who already know some of the basics. Students will be required to purchase supplies. A list will be provided.



Course #1220 Tuesday NHS
6:30-9:00 PM Starts 3/10/20 6 Classes
Lisa Dawson Fee \$139

ACRYLIC POUR PAINTING TECHNIQUES

Do you want to paint? Are you afraid to try? This may be just the opportunity you are looking for. Come and learn a few simple techniques used in acrylic pour painting. This fun and exciting way to create unique abstract art will give you a sense of joy. It truly is amazing how each piece evolves. There is a materials fee of \$20 payable to the instructor at the first class.



Session I
Course #1352 Wednesday NHS
6:30-9:00 PM Starts 3/18/20 3 Classes
Lisa Dawson Fee \$69

Session II
Course #1353 Wednesday NHS
6:30-9:00 PM Starts 4/22/20 3 Classes
Lisa Dawson Fee \$69



BASICS OF DRAWING

Learn the fundamental steps and techniques needed to understand and create a drawing. No prior skill necessary. Learn through a guided exploration in the use of shapes, lines, shading, texture and perspective as the elements and building blocks that make a drawing come to life. Those who wish to review basics or improve skills are welcome. More advanced techniques covered for experienced students. Students are required to purchase supplies. A list will be provided.



Course #1462 Thursday NHS
6:30-9:00 PM Starts 3/12/20 6 Classes
Lisa Dawson Fee \$139

EXPRESS YOURSELF:

ACTING AND CREATIVE SELF-EXPRESSION

This fun and dynamic class goes far beyond the “normal” acting class, offering simple, empowering tools which can be applied to any type of performing, as well as public speaking. Students will experience first-hand what it means to be truly “present,” relaxed, engaged and fully self-expressed in an environment that is inspiring and supportive. Students will also leave with a clearer sense of their own creativity and creative goals, and the confidence to manifest them. Actors and performers of all levels of experience are welcome, as well as anyone wishing to feel more comfortable speaking in front of others. Please bring a 1-3 minute monologue, poem, story, song (can be self-written), preferably committed to memory—and come discover the magic and fun of acting and creative self-expression!



Course #1331 Wednesday NHS
6:30-8:30 PM Starts 4/1/20 8 Classes
Sheri Bresson Fee \$149
Actor, Singer, Writer & Teacher



STUDIO FASHION PHOTOGRAPHY WORKSHOP

Learn the basics of studio fashion photography from start to finish in this fun and hands-on class. The workshop covers studio strobe lighting, posing and photographing live models, and post-editing in Photoshop, all in one session. All materials are provided for this workshop, including live models with different themed wardrobes, Mac laptops with Photoshop for retouching, studio strobe lights, professional level cameras/lenses, and backdrops. This course is ideal for beginners and veteran photographers alike. The instructor will individualize your instruction based on level of experience, if any. **No experience with photography or fashion is necessary.** There is a \$15 model fee due to the instructor at the start of the session. **Note: This class will meet at Danbury High School.**



Course #1644 Saturday DHS
9:30-12:30 PM Starts 4/4/20 1 Class
Michael Obre Fee \$59

NEW SMARTPHONE PHOTOGRAPHY FOR BEGINNERS

Learn how to use your smartphone (iPhone or Android) to create beautiful photographs.



This class will take you from the fundamentals of how to use your smartphone camera to take good photographs through how to do basic editing on your phone using Snapseed, an app for iPhone and Android phones. Please download the Snapseed app to your phone prior to the class. For this class, you need an iPhone or Android phone. Have a photo or two to work on if you wish but it is not necessary for this class.

Course #1140 Monday NHS
6:30-8:00 PM Starts 3/16/20 2 Classes
Uma Bode Fee \$59

NEW SMARTPHONE PHOTOGRAPHIC ART FOR EVERYONE

All levels welcome to this class where we will go beyond the basics to help you take and make gorgeous photographs with your smartphone (iPhone or Android). Whether you want to simply improve your family photos or learn how to make gorgeous printable art for your walls or to sell, this class will get you started and help you progress. Please download the Snapseed app to your phone prior to the class. For this class, you need an iPhone or Android phone. Have a photo or two to work on if you wish but it is not necessary for this class.



Course #1141 Monday NHS
6:30-8:00 PM Starts 4/20/20 2 Classes
Uma Bode Fee \$59

RAISING BACKYARD CHICKENS FOR BEGINNERS

Move over cats and dogs! Backyard chickens are the new “IT” pet!



Learn what it takes to raise your own flock (i.e., money, time, supplies involved) and how to

keep them happy and healthy. Topics covered will be breeds of chickens, starting your flock, coop and flock management, chicken behavior, and more. **No discounts apply.**

Course #5462 Thursday NHS
6:30-8:30 PM Starts 3/12/20 1 Class
Michelle Nardozzi Fee \$54

ADVANCED CHICKEN KEEPING

You’ve got your flock...and more questions! This course is designed to address that next level of chicken-keeping such as: hatching eggs (machine incubation vs. broody hen), techniques for candling eggs (which is a way to shine a light into the fertile egg to see if there's any embryonic activity), healthy flock management, identifying common poultry illnesses and treatments for them, what to keep in your chicken “first-aid kit”, and troubleshooting. **No discounts apply.**



Course #5463 Thursday NHS
6:30-8:30 PM Starts 3/19/20 1 Class
Michelle Nardozzi Fee \$54

NEW RAISING GOATS

Goats are useful, incredibly entertaining, and rewarding as



pets and producers— **NO KIDDING!!!** Find out all you need to know about raising goats! Topics will include getting started, breeds and their use, supplies and shelter, keeping goats healthy, goat milk and other products, and much more! **No discounts apply.**

Course #5441 Thursday NHS
6:30-8:30 PM Starts 3/26/20 1 Class
Michelle Nardozzi Fee \$54

Michelle Nardozzi is the owner/operator and #FLOCKBOSS of Newbury Farms LLC, a small farm/homestead in Newtown, CT. The farm was established in 2015 by Michelle and her husband, Rob, after their children's' diagnoses with food allergies and other health issues. By taking control of the food they lovingly raise (organically-produced, non-GMO farm fresh eggs, raw goat milk, garden fresh vegetables), they experienced the power of clean-eating through significant improvements in their family’s overall health. Michelle, Rob and their two children, also “benefit” from daily snuggles with their beloved chickens, silly goats, adorable pet pigs, and fluffy beast of a livestock guardian dog.

Register Early!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not **so please register early!**

NEW **A BEGINNERS GUIDE TO SEEDS: FROM START TO FINISH**

Have you ever wanted to plant your garden using seeds but didn't know where to start? Or are you interested in saving seeds for next year, but not sure what is the best way or which seeds to save? In this class, we will do an overview, from flowers to vegetables, on using seeds from start to finish. Learn about the various seed types available, how to "read" seed packets, different methods and containers available, starting seeds indoors, and how to save various seeds for the next year. It's "Seed 101"! Taught by a Master Gardener and Organic Lifestyle columnist, this class will help take the guesswork out of seed starting.



Course #5173 Monday NHS
6:30-8:30 PM Starts 3/9/20 1 Class
Nicole Christensen Fee \$39
Advanced Master Gardener

NEW **GARDENING INDOORS FOR HAPPY HOUSEPLANTS**

Many gardeners have great green thumbs when it comes to outdoor plants, but then have a difficult time with indoor plants. Do you struggle keeping your indoor plants healthy? Already a houseplant enthusiast? Expand your knowledge and know how. We will cover all sorts of houseplant situations and offer advice on how to keep your houseplants happy, what plants to choose (and what to avoid), where to place them, and how to maintain and over-winter indoor potted plants (and when and what to put outside in warmer weather). From common varieties of houseplants to orchids, African violets, and more, we'll tackle the different challenges of indoor gardening and learn how to make your houseplants work for you!



Course #5171 Monday NHS
6:30-8:30 PM Starts 4/27/20 1 Class
Nicole Christensen Fee \$39
Advanced Master Gardener

NEW **LON CHANEY: THE MAN OF A THOUSAND FACES**

Learn the story of how the gifted man of the silent film era left his mark on film history not just as an actor but as a make-up artist in his creation of character roles in movies of the Silent Film Era.



Course #6274 Tuesday NHS
6:30-8:30 PM Starts 5/12/20 1 Class
Leon DiMartino Fee \$39

NEW **THE AMERICAN REVOLUTION: THE LOYALIST CAUSE**

Learn the story of how America breaks apart during the War of Independence and where the Americans were that supported Great Britain and what happened to them at the end of the war.



Course #6275 Tuesday NHS
6:30-8:30 PM Starts 5/19/20 2 Classes
Leon DiMartino Fee \$44

NEW **THE WORLD OF JULES VERNE AND H.G. WELLS**

Learn how these two amazing writers helped to create Science Fiction as a form of literature and their impact on modern technology and movies.



Course #6272 Tuesday NHS
6:00-8:00 PM Starts 4/21/20 1 Class
Leon DiMartino Fee \$39

NEW **THE WORLD OF JAMES FENIMORE COOPER**

Learn the story of this gifted American writer of the American Frontier and Revolutionary War novels and his impact on literature and movies.



Course #6273 Tuesday NHS
6:00-8:00 PM Starts 4/28/20 1 Class
Leon DiMartino Fee \$39

FIRST AID

Want to learn what to do during emergencies? Do you know that you have the power to save someone's life in medical situations? Positively Shocking LLC can teach you skills and provide you with a 2-year American Red Cross Certification in First Aid in an easy and fun environment. This course is designed so that lay persons will react with confidence in an emergency situation. In addition, you can also register for a one-night class in CPR.



Course #6484 Thursday NHS
6:00-9:00 PM Starts 3/19/20 1 Class
Mary Sireci Fee \$89
Certified Instructor

ADULT & PEDIATRIC CPR/AED

Want to learn what to do during emergencies? Do you know that you have the power to save someone's life in cardiac, breathing and medical situations? Positively Shocking LLC can teach you skills and provide you with a 2-year American Red Cross Certification in CPR in an easy and fun environment. The course is designed so that lay persons will react with confidence in an emergency situation. In addition to the one-night CPR/AED Class you can also register for a one-night First Aid Class



Course #6483 Thursday NHS
6:00-8:30 PM Starts 3/12/20 1 Class
Mary Sireci Fee \$89
Certified Instructor

NEW USING GMAIL AND GOOGLE CALENDAR

Gmail has become one of the most popular email and online calendar providers. In this class, we will cover all of the basics of using Gmail (Sending, Receiving, Replying, Forwarding, Printing, Attachments, etc.) as well as many of the really interesting features of Gmail (Labels, Categories, Themes, Signatures, and more). And we will also cover many of the important aspects of using Google Calendar. So, join us for this class and begin to really enjoy using these Google services!



Course #3152 Monday NHS
6:30-9:00 PM Starts 6/1/20 1 Class
Michael Ingber Fee \$44
Upward Business Systems

WHAT IS THE CLOUD AND AM I USING IT?

So what is "The Cloud" anyway? The Cloud refers to the sharing of data and programs over the Internet. Here are some common examples of using the Cloud: sharing files or photos, backing up important data using Carbonite, keeping track of your schedule using Google Calendar, using online versions of Word, Excel, or PowerPoint, using Google Docs to create and collaborate on documents, using online versions of popular programs such as QuickBooks, using Amazon to access your music library from anywhere, and so on. What are the advantages of using the Cloud? Is the Cloud safe? Concepts and usage of the Cloud will be demonstrated and discussed. Come to this one-night demonstration and discussion and finally understand what is meant by "The Cloud"!



Course #3362 Wednesday NHS
6:30-9:00 PM Starts 3/18/20 1 Class
Michael Ingber \$44
Upward Business Systems

THE ANSWERS TO COMPUTER QUESTIONS YOU'RE EMBARRASSED TO ASK!

There are so many basic questions about computers that many people do not know the answers to, but think that everyone else does (but they really don't)! If any of the following questions are in that category for you, this may be just the right one-session class!



- When do I right click with my mouse?
 - What is a Browser?
 - What is the difference between RAM and a Hard Drive?
 - What is the Escape Key on the keyboard used for?
 - What is The Cloud?
 - What are Megabytes vs. Gigabytes vs. Terabytes?
 - What is a Chromebook?
 - What are the signs of a fraudulent email?
- Many others ... and bring some of your own!

Course #3140 Monday NHS
6:30-9:00 PM Starts 3/9/20 1 Class
Michael Ingber Fee \$44
Upward Business Systems

NEW POWERPOINT

PowerPoint is the most commonly used presentation program available, both in school and for business. Your children are probably using PowerPoint for their school reports! Where in the past you may have used hand drawn charts or pictures, PowerPoint allows you to create dynamic presentations that can include text, bullet lists, tables, charts, graphics, transitions, and animations. This hands-on workshop shows you how to get the most out of PowerPoint using all of the features just mentioned. If your children are using it, shouldn't you be?



Course #3150 Monday NHS
6:30-9:00 PM Starts 3/16/20 2 Classes
Michael Ingber Fee \$59
Upward Business Systems

NEW WINDOWS 10—AN OVERVIEW

Microsoft Windows has been around for decades, and Windows 10 has been available for a quite a while now. This class will highlight some of the new features included in Windows 10 (such as Cortana, Notifications, the Start Screen, Edge Browser, etc.) as well as discussing some of the ongoing important elements of Windows (such as the Desktop, the Taskbar, and the System Tray). So, if you are looking for some insights and guidance to help you understand more about Windows, come and join us for this one night class.



Course #3452 Thursday NHS
6:30-9:00 PM Starts 3/12/20 1 Class
Michael Ingber Fee \$44
Upward Business Systems

For a 10% discount, register by February 21st. This cannot be combined with the Senior Discount. Discount applies to most classes unless noted.

STAYING SAFE ONLINE

This class will help you avoid many of the risks that are lurking online. These risks can infect your computer, can steal your personal information, and can cost you money. Among the various topics that we will discuss: security software, passwords, social engineering, phishing, popular scams, recognizing fraudulent emails, popups, malware, ransomware, shopping safely, and the importance of backups. Join us for this 1 for this one-night class to learn more about staying safe online!



Course #3130 Monday NHS
6:30-9:00 PM Starts 4/27/20 1 Class
Michael Ingber Fee \$44
Upward Business Systems



BACKUP STRATEGIES

Do you backup your irreplaceable computer data? Are you risking losing your precious information? What causes data loss? What can you do to prevent data loss? What should you be backing up? What choices do you have for doing backups? What is an effective backup strategy? Don't wait until you lose precious information. Come to this class for answers to these questions and more!

Course #3130 Monday NHS
6:30-9:00 PM Starts 5/4/20 1 Class
Michael Ingber Fee \$44
Upward Business Systems

EXCEL PART 1

Learn to use Excel, the spreadsheet most used by businesses, students and home-users



Spreadsheets are the best tool for working with rows and columns of information. We will cover working with text, numbers, and dates. And we will learn how to use formulas and functions, as well as many additional features. You will be surprised at how versatile Excel can be, but how easy it is to learn.

Course #3365 Wednesday NHS
6:30-9:00 PM Starts 4/22/20 3 Classes
Michael Ingber Fee \$99
Upward Business Systems Limit 12

EXCEL PART 2

Continue to learn more about the most popular spreadsheet product on the market. In this second part you will work with multiple sheet workbooks, charts, advanced formatting capabilities, filtering, validating, scenarios, and much more. Excel Part 1 or equivalent is a prerequisite.



Course #3366 Wednesday NHS
6:30-9:00 PM Starts 5/13/20 3 Classes
Michael Ingber Fee \$99
Upward Business Systems Limit 12

WORD

Learn the basics to successfully use Microsoft Word, the best-selling word processing software. Learn how to create and edit documents, how to format your document, how to use spell-check and thesaurus, how to cut/copy/paste, how to create multiple column layouts and custom tabs, how to use bullet and number lists and many other features.. No prior word processing knowledge is necessary, but a basic knowledge of computers is helpful.



Course #3450 Thursday NHS
6:30-9:00 PM Starts 4/23/20 4 Classes
Michael Ingber Fee \$129
Upward Business Systems Limit 12



GOOGLE DOCS AND GOOGLE SHEETS

Do you know a little about word processing and about spreadsheets? If so, you have likely been using Word and Excel for these capabilities. Google offers free versions of word processing and spreadsheet capability called GOOGLE DOCS and GOOGLE SHEETS. These products are becoming quite popular. Come to this one-night class to expand your knowledge of these free cloud-based services.



Course #3460 Thursday NHS
6:30-9:00 PM Starts 6/4//20 1 Class
Michael Ingber Fee \$44
Upward Business Systems



SUPERINTENDENT OF SCHOOLS
Dr. Lorrie Rodrigue

ASSISTANT SUPERINTENDENT
Anne Uberti

NEWTOWN BOARD OF EDUCATION

CHAIRPERSON—Dr. Michelle Ku
VICE CHAIRPERSON—Dan Delia
SECRETARY—Dan Cruson

Rebecca Harriman-Stites ~ Debbie Leidlein
John Vouros ~ Deborra Zukowski

FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are valuable to people near or at retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. No products or investments will be promoted or offered. By condensing up-to-date financial information into three classroom sessions, this seminar gives you the answers you need. A \$30 material fee is payable to the instructor at the first class.



Course #4456 Thursday NHS
6:30-8:30 PM Starts 3/19/20 2 Classes
Steve Jacques Fee \$39
Voya Financial Advisers Inc.

TAX FREE IN RETIREMENT

Many Americans assume that their taxes in retirement will stay the same or go down. Unfortunately for most this may not be the case. Historically, federal tax rates have been as high as 91% in the 50’s, 70% in the 70’s and 50% in the 80’s. Upon retirement, social security may be taxable as high as 85% to the recipient and required minimum distributions from retirement accounts also can create substantial taxable income. Include pensions, rental property income, capital gains, dividend and interest income and you can see the picture is somewhat unclear on future taxes. Join us to learn about strategies that can help you get closer to a tax free retirement.

Course #4215 Tuesday NHS
6:30-8:00 PM Starts 3/17/20 1 Class
Michael Alimo Fee \$29
USA Financial & Tax Services, LLC

NEW LONG-TERM CARE PLANNING

The very mention of long-term care makes many of us want to run the other way, but with roughly 10,000 baby boomers turning 65 every day from now until 2030, the future costs of long-term care, and health care in general, are a top concern of current and soon-to-be-retirees. It is also one of the toughest decisions to make but given the rising costs of care, it is a critical consideration for long-term retirement planning. Whether you decide to buy long-term care insurance or self-fund, it is important to be well-informed and pro-active in your ultimate decision. At least 70% of people over 65 will need long-term care services and support at some point in their lives. About 68% of nursing home residents and 72% of assisted living residents are women. The national median daily rate in 2015 for a private room in a nursing home was \$250, an increase of 4.35% from 2014.

Course #4275 Tuesday NHS
6:30-8:00 PM Starts 3/24/20 1 Class
Michael Alimo Fee \$29
USA Financial & Tax Services, LLC



PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE

This ninety-minute presentation covers Social Security basics and reveals strategies for maximizing benefits. We will discuss minimizing taxes on Social Security benefits and coordination of your Social Security benefit with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your personal options.

Course #6220 Tuesday NHS
6:30-8:00 PM Starts 3/24/20 1 Class
Albert D’Agosto and Charles Yannich
Retirement & Money Strategies



NEW HELP FOR YOUR FAMILY WITH ESTATE PLANNING AND UNDERSTANDING THE TERMINOLOGY AND NECESSARY DOCUMENTS

An Estate Plan is both critical and essential to your family in today’s society and the “Greatest Gift” that you can leave family members and loved ones. Everyone from Seniors through Millennials, needs to understand the basics of Estate Planning and the necessary related legal, medical, financial, family and personal information. Consider the confusion having an organized and documented Estate Plan will eliminate for your family members and loved ones. This course will take you through a comprehensive plan and the steps that need to be taken in developing the Plan with related documents.

Course #6354 Wednesday NHS
6:30-8:30 PM Starts 3/11/20 1 Class
Curt Symes Fee \$29



Note: You should consult your own financial advisor or attorney before making any investment decisions based on specific examples used by our instructors.

NEW HELP FOR YOUR FAMILY LIFE PLAN—WILLS, POWERS OF ATTORNEY, TRUSTS, ADVANCED HEALTHCARE DIRECTIVE, LIVING WILL AND NEW CT MOLST

Do you have a Will, Living Will, Durable Power of Attorney (POA), Trust, Advanced Healthcare Directive, MOLST form and so on? Do you know what they mean, how they are created and the implications of not having them? Do you know how to select an Executor, POA, Proxy, Trustee, etc? If your answer is no, then this class is essential for you and your spouse or significant other. This is a hands-on, "How-to-Class" with references, samples, examples and real-life experiences.



Course # 6372 Wednesday NHS
6:30-8:30 PM Starts 4/8/20 1 Class
Curt Symes Fee \$29

NEW UNDERSTANDING MEDICARE, MEDICAID AND YOUR OTHER U.S. GOVERNMENT ENTITLEMENTS, CHOICES AND ENROLLMENTS

Need help sorting out your upcoming government benefits? Confused over the hype surrounding Medicare and the various health insurance programs? It is not easily understood, however, with some education you can master these critical life planning programs that are essential to your success in life after retirement. This class will provide answers to your questions, estimates of costs and samples and examples.



Course #6362 Wednesday NHS
6:30-8:30 PM Starts 5/13/20 1 Class
Curt Symes Fee \$29

WOMEN IN RETIREMENT

Join us for this **FREE** event to learn: the most common mistakes regarding Social Security—how to avoid them, and how to maximize this benefit, the need-to-know strategies to prevent outliving your hard-earned money in retirement, how to create a legacy that protects you, your spouse or your heirs from the IRS and probate courts, protecting your money from market volatility and the dozens of options available to you and increase your knowledge and confidence which will assist you in making the best decisions for a stress-free retirement.



Course #4159 Monday NHS
6:30-8:00 PM Starts 3/23/20 1 Class
Michael Alimo **FREE**

MEDICARE BASICS

Designed for those approaching 65 and/or new to Medicare, this educational workshop will cover many aspects of this somewhat daunting and complex subject. A few of the topics included are Medicare Part A, B, & D, benefits, costs, and various related Medicare solutions—"Medigap" plans (Medicare Supplements) Medicare Health Plans, Medicare Savings Plans, Extra Help, discount drug cards, and how Medicare works with other health insurance. The goal of this class is to learn about Medicare, and to reduce the cost of health care!



Course #6457 Thursday NHS
6:30-8:00 PM Starts 5/7/20 1 Class
Suzanne Candee **FREE**



BEGINNER FRENCH I

Unlock the mysteries of La Langue Francaise! In this fun and engaging beginning level class



(little to no previous experience), we will learn proper pronunciation and basic, building block concepts of

French grammar as well as everyday vocabulary, expressions and phrases via spoken games, drills and exercises. Bring a notebook/writing instrument or laptop. **Limited to 8 students. No discounts apply.**

Course #2122 Monday NHS
6:00-7:00 PM Starts 3/23/20 6 Classes
Rachel Borne Fee \$125

BEGINNER FRENCH II

This is a continuation of Beginner French I. We begin with a review of building blocks of French language: core auxiliary verbs, gender, subject/verb/adjective agreement, “er” verbs. Then we further develop vocabulary with an emphasis on everyday, practical language, drills, games and role playing. The focus will be on spoken language and practice of everyday situations. Bring a notebook/writing instrument or laptop. **Limited to 8 students. No discounts apply.**



Course #2123 Monday NHS
7:15-8:15 PM Starts 3/23/20 6 Classes
Rachel Borne Fee \$125

BEGINNER GERMAN

The instructor, a native speaker, will offer language skills for those people who have little or no prior exposure to the German language. Students will learn how to communicate with simple questions and sentences. Everyday German life will also be discussed in this class. Students will be required to purchase the book “German In 10 Minutes A Day”. **No discounts apply.**



Course #2152 Monday NHS
6:30-8:00 PM Starts 3/9/20 8 Classes
Ursula Michaelis Fee \$125

BEGINNER SIGN LANGUAGE

Learn a new language in 6 weeks! This class is for the person who has always wanted to learn sign language. A great class to take with a friend or family member so you can practice. **No discounts apply.**



Course #2353 Wednesday NHS
7:00-8:00 PM Starts 3/4/20 6 Classes
Maggie Cortese Fee \$125

BALLROOM DANCING

Learn the Fox Trot, Waltz, Cha-Cha and more! Joe Williams and Noni Low have been dancing together for over 21 years and teaching ballroom dance for beginners to advanced for over 15 years. Their basic concept of ballroom dancing consists of having fun with easy to learn instructions. Couples and singles welcome.



Thursday NHS
7:00-8:00 PM 4 Classes
Joe Williams and Nonni Low
Fee \$99/couple or \$51/single

Session 1 Course #8441 Starts 4/2/20
Session 2 Course #8442 Starts 5/7/20

NEW KARATÉ—JUST FOR KICKS

The karaté class you always wanted to take but...yada, yada! For tough guys, small fries, and humble warrior princesses—at last, a traditional karaté workout building physical and mental balance, strength, and endurance for those who want to sweat, glisten, or just glow. Plus, all that confidence and discipline stuff! (For mature youths, and adults; no contact).



Course #6445 Thursday NHS
7:15-8:15 PM Starts 3/12/20 8 Classes
Audra Mace Fee \$119

COUNTRY WESTERN LINE DANCING

Great cardio exercise. Once you get moving you will not be able to stop!!! If you took this series last time and missed a few classes, we will repeat a few dances but will have additional new dances to learn. We will also talk about Country Dance technique and dance floor etiquette. Comfortable clothing and flat dance shoes recommended.



Course #8352 Wednesday NHS
6:45-7:45 PM Starts 4/1/20 6 Classes
Cheryl Carpio Fee \$89

BELLY DANCE FITNESS

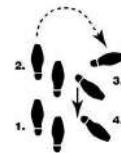
Calling all shapes and sizes! Strengthen your core and sculpt your trunk, arms, and legs while learning the basics of Middle-Eastern belly dance! Basic choreography along with Pop music and traditional Middle Eastern music will have you dancing away the calories. Beautiful hip scarves and silk veils provided. Workout clothes recommended.



Course #8263 Tuesday NHS
6:30-7:30 PM Starts 3/10/20 8 Classes
Suzanne Candee Fee \$99

NEW ONE DANCE

Bored of what you are doing on the dance floor or just outright terrified? Your days of rocking back and forth while turning clockwise slowly are over! Learn a few basic steps that are natural and fun to look and feel super confident or that One Dance that is important to you or important to someone else. Party, proposal, wedding, prom, anniversary, charity event, club, living room, community concert, beach—bring it! This practice is so versatile, you can do it to practically any genre; pop, metal, country, alternative, Latin, etc.—couples or freestyle. Bring your preferred music to sync to blue tooth speaker.



Course #6429 Thursday NHS
6:00-8:00 PM Starts 6/4/20 1 Class
Audra Mace Fee \$39

YOGA WITH KAREN PIERCE

Unwind from a stress-filled day with a relaxing evening of yoga. Transform from tense and tight to mellow and limber. This yoga practice is designed to lengthen and stretch body, breath and brain! Karen is a master yoga teacher, yoga therapist, and yoga teacher trainer; she will teach you how to create an authentic personal practice. Wear sweatpants and bring an exercise/yoga mat. A yoga strap and yoga blocks are options.



Wednesday NHS
6:30-7:30 PM 5 or 10 Classes
Karen Pierce

Course #8348 10 Classes Starts 3/11 \$100
Course #8349 5 Classes Starts 3/11 \$55
Course #8350 5 Classes Starts 4/29 \$55

INTERVAL TRAINING

Are you short on time and need to get the most bang for your buck with working out? Come join us for this fun, quick, efficient and effective workout! We will warm-up and then alternate cardiovascular exercises with toning exercises for arms, legs and abs and then finish with stretching. This type of workout has been shown to burn the most fat, as the body readjusts to the varying exercises. All levels are welcome as you can go at your own pace. High intensity and low intensity options will be demonstrated. Please wear comfortable clothing and sneakers and bring hand held weights (3-5 pounds), a yoga or exercise mat, and water. **No discounts apply.**



Tuesday RIS
4:30-5:30 PM 6 Classes
Jill Patterson Fee \$69

Session 1 Course #8239 Starts 3/17/20
Session 2 Course #8240 Starts 5/5/20

NEW SAFE BOATING/PERSONAL WATERCRAFT

This 8-hour course over four nights provides the student with satisfactory requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65', personal watercraft and sailboats 19-1/2' in length and longer. Upon successful completion of this course, which includes an exam taken at the end of class, the student will be eligible to purchase their boating certificate for \$50.00 online. This certificate is a one-time lifetime certification. If possible, bring your DEEP Conservation I.D. with you to the first class. Go to website: www.ct.wildlifelicenses.com to obtain your I.D. Proof of identity is required the first night of class and children under 16 must be accompanied by an adult with acceptable I.D.



Course #8232 Tues/Thurs NHS
7:00-9:00 PM Starts 4/21, 4/23 4 Classes
4/28, 4/30
Chris Keebler Fee \$25

NEW LEARN TO PLAY BRIDGE

Even if you have never played before, Learn to Play Bridge will have you playing real bridge hands the first week. Classes emphasize fun and learning from playing. Each starts with a brief lesson followed by play of 6-12 hands. By the end of the course, players will be ready to join bridge games with friends. Textbook (optional): \$15. Tuition \$12 per class. To register, email: director@newtownbridge.org or phone (203) 733-8525.



Classes Start: Thursday, April 2, 2020
of Classes: 10
Time: 9:30-11:30 AM

NEW BRIDGE STUDIO

Bridge Studio is for bridge players who want to continue learning, playing and meeting new people in a relaxed game. Each week starts with a 20-minute bridge lesson followed by a social bridge game where your foursome plays privately and at your own pace. If your group is just learning, you can ask our director if you want help with bidding or have questions. Tuition: \$5 for members and new players for the first 3 studios: \$7 for the public. To register, email: director@newtownbridge.org or phone (203) 733-8525.



Classes Start: On-going every Tuesday
of Classes: n/a
Time: 6:00-8:00 PM

NEW CHAT BRIDGE

Chat Bridge players is for bridge players who like a competitive game yet want to be able to refer to notes and ask for advice on any hand. Each week starts with a 20-minute bridge lesson followed by a duplicate bridge game. Come alone or with a partner. Tuition: \$10 per class.



Classes Start: On-going every Wednesday
of Classes: n/a
Time: 2:10-4:30 PM

Note: All bridge classes are held at Edmond Town Hall, 45 Main Street, Newtown, CT 06470 in the Alexandria Room.

NEW YOGA WITH ELIZA ANN

This Hatha Yoga class will typically involve a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds. This safe and thorough practice has lots of gentle stretches for the whole body. It's relaxing and at times challenging. You will feel grounded and refreshed at the end of the hour. It's yoga for all people! Expect a few minutes of silence at the start of the practice and savasana (a long restorative rest) at the end. Bring any yoga props you use at home: blocks, straps, blankets, bolsters and of course your yoga mat.



Course # 8130 Monday NHS
6:30-7:30 PM Starts 3/23/20 8 Classes
Eliza Hoffman Fee \$89



ONLINE COURSES

If you have no time for a formal class but have an interest in learning something new or updating your current information, try an online course! All of our courses include expert instructors, many of whom are nationally known authors. The courses are affordable, fun, fast, convenient and geared just for you. All courses require internet access, e-mail and an Internet Explorer browser.

For a complete listing of courses and fees and to register, please visit: www.ed2go.com/newtown. **No discounts apply.**

**WERACE—Western Connecticut Regional Adult Education**

- **Credit Diploma Program (CDP)**
- **General Equivalency Diploma (GED)**
- **Adult Basic Education (ABE)**

REGISTRATION INFORMATION:**CDP, GED & ABE**

Returning Students: 1/13/20

New Students: 1/14 and 1/15/20

Orientation:

All students must attend one orientation session on either January 22 or 23.

Day Students: 10:30-1:30 PM, Werace, 10 Crosby Street, Danbury, CT

Night Students: 5:30-8:30 PM, Danbury High School, 43 Clapboard Ridge Road, Danbury, CT

Day Classes: 9:00-2:00 PM at 10 Crosby Street, Danbury, CT

Night Classes: 5:00-8:30 PM at Danbury High School, 43 Clapboard Ridge Road, Danbury, CT

Classes start Monday, January 27, 2020

- **ESL English Second Language**

REGISTRATION INFORMATION:

Returning Students: 1/6/20

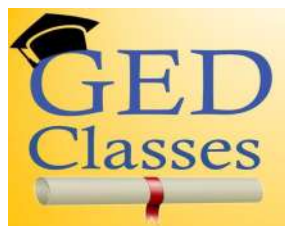
New Students: 1/7/20

Day Classes: 9:30-1:30 AM, Congregational Church, Deer Hill Avenue, Danbury, CT

Night Classes: 5:00-7:30 PM, Danbury High School, 43 Clapboard Ridge Road, Danbury, CT

For more information or information on ESL or Citizenship Programs or registration and class dates and times, please contact:
Danbury Continuing Education, WERACE, 10 Crosby Street, Danbury, CT 06810,
203-797-4731

www.danbury.k12.ct.us, click on Schools and then Adult Education/WERACE.



NEW **CULINARY INSTITUTE OF AMERICA**

The Culinary Institute of America (CIA) has dedicated itself to providing the finest culinary training in the world for over 60 years. Located in St. Andrew-on-Hudson in Hyde Park, New York, the CIA has a student body of over 1900 representing every state and many foreign countries. Upon arrival, we will enjoy a student-led campus tour pointing out all the highlights to include the various restaurants, classrooms, bakery and wall of fame. There will be a full course luncheon at their Caterina de' Medici Restaurant, a sophisticated dining room overlooking a stunning herb and rose garden. The first course is Lasagna alla Bolognese (classic lasagna Bolognese with béchamel and ragu), the entrée is Petto de pollo alla Salvia (roasted chicken breast with sage, semolina gnocci and glazed carrots) and the dessert is Profiterole allo Zabaglione (sabayon cream puff with chocolate-hazelnut sauce). Following lunch we will spend time in the historic village of Rhinebeck with its wonderful selection of shops and galleries. **No discounts apply.**

Course #9319	Departs FFH	8:45 AM
Wednesday	5/20/20	Fee \$134

NEW **JAZZ CRUISE OF NEW YORK HARBOR**

See New York City from a new perspective! Enjoy the Hornblower's spectacular fleet! Come aboard one of these beautiful vessels and experience the dynamic views and countless sites of New York Harbor. You will even get up close and personal with lovely Lady Liberty! During our two-hour cruise, we will enjoy a fabulous Sunday Buffet Brunch with live Jazz entertainment followed by a DJ for dancing. The upscale brunch buffet features hot and cold breakfast and luncheon options, an omelet station, carving station, baked goods and more. Mimosa's, juice and coffee are included (cash bar available). **No discounts apply.**

Course #9765	Departs NHS	9:45 AM
Sunday	7/19/20	Fee \$139

NEW **METROPOLITAN MUSEUM OF ART**

The Metropolitan Museum of Art is one of the world's largest and finest art museums. Its collection includes more than two million works of art spanning 5,000 years of history. This is New York City's most visited museum and should not be missed! We will enjoy a docent tour of the museum highlights. Take a journey around the world, experiencing highlights of the Museum's vast collections of master painting, sculpture, and arts from ancient times to present. This tour will help you to get the big picture of this vast collection. Lunch will be on your own at the museum cafeteria. There will be time to explore the gift shop and museum exhibits. **No discounts apply.**

Course #9712	Departs NHS	8:00AM
Sunday	4/26/20	Fee \$119

NEW **GREAT JACK-O-LANTERN BLAZE**

Reserve a spot for this trip coming in the Fall. Meander through more than 6,000 hand-carved, illuminated jack-o-lanterns in this elaborate walk-through experience. The crisp autumn air and majestic landscape of Van Cortland Manor highlight the spectacular display. This trip will include a stop at the Exit 4 Food Hall in Mt. Kisco, New York to grab an early dinner on your own. **No discounts apply.**

Course #9124	Departs NHS	TBD
Monday	10/26/20	Fee \$TBD

NEW **HIGHLINE AND HUDSON YARDS**

Hudson Yards is New York's newest neighborhood and home to 100 diverse shops and restaurants, significant public art and plazas. Upon arrival in New York City, first stop is Chelsea Market for shopping and a bite to eat, followed by a guided walking tour of the High Line, a park created from a former raised railway which runs up to the west side of Manhattan. Enjoy a unique view of the city from two stories up! At the end of the High Line is Hudson Yards and the Vessel, which is a new kind of public landmark and the centerpiece of the new public square. Engaging and interactive, the Vessel, all outdoors, is a labyrinth of staircases that reach 16 stories high and is meant to be climbed and explored (as much or as little as desired)! Admission ticket is included. There will be time to explore the upscale shopping and Spanish food market. Hudson Yards is located between 10th and 12th Avenues from West 30th to West 34th Street. **No discounts apply.**

Course #9635	Departs	8:30AM
Saturday	5/30/20	Fee \$99



Listed departure times are approximate. You will receive a full itinerary a week before the trip with exact times.



We offer our trips through Friendship Tours. They make every effort to provide the trip as written. We are not responsible for any changes made in the arrangements.

Please note that all trips are NON-REFUNDABLE, but you may transfer your trip to another person.

All trips must be booked 2 weeks in advance of departure date!!

Please note: No participants under the age of 14 for Bus Trips unless otherwise noted.

WHATS HAPPENING IN NEWTOWN—FOR BOOMERS, SENIORS AND FAMILY

Do you know what is going on in Newtown with all the Boards, Councils, Commissions, Committees and Capital Improvement Projects underway, as well as, what fun things are available to you? This free, hour-plus long, monthly event, sponsored by Newtown Continuing Education, the Commission on Aging (COA), the Friends of Newtown Seniors (FONS) and Curt Symes, Professional Senior Advisor, will discuss and report on current Newtown events and hot topics of interest to the community-at-large. Don't just wait for the next Town Referendum to find out "What's Happening in Newtown". These seminars will feature relevant guest speakers, including the First Selectman, Commission and organization leaders and representatives of the various town functions. Bring your questions and suggestions for topics of discussion! **NOTE: Please call Newtown Continuing Education to reserve a spot. (203) 426-1787**

Session I

Course # 6394	Wednesday	NHS
5:00-6:15 PM	Starts 1/15/20	1 Class
Curt Symes		Free

Session II

Course #6395	Wednesday	NHS
5:00-6:15 PM	Starts 2/19/20	1 Class
Curt Symes		Free

Session III

Course #6396	Wednesday	NHS
5:00-6:15 PM	Starts 3/11/20	1 Class
Curt Symes		Free

Session IV

Course #6397	Wednesday	NHS
5:00-6:15 PM	Starts 4/8/20	1 Class
Curt Symes		Free

Session V

Course #6398	Wednesday	NHS
5:00-6:15 PM	Starts 5/13/20	1 Class
Curt Symes		Free

Session VI

Course #6399	Wednesday	NHS
5:00-6:15 PM	Starts 6/10/20	1 Class
Curt Symes		Free



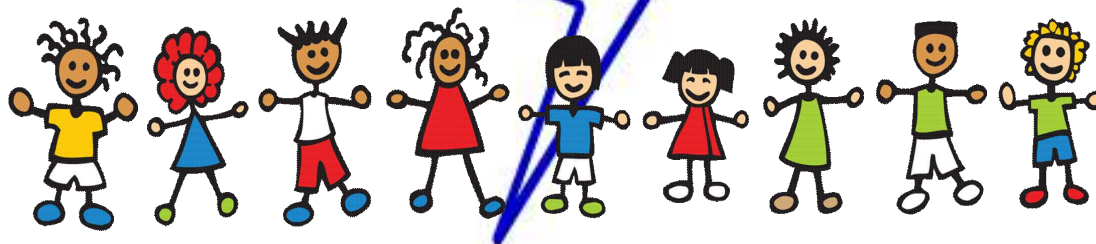
Summer Camps 2020

offered through Newtown Continuing Education

Be on the lookout for our Summer Brochure
coming to you in April 2020

SMART CAMP now in our 29TH year!!!

Outdoor Explorer Camp
Young Engineers Workshop
Knit & Chat
Computer Camps
And More!!!!!!!



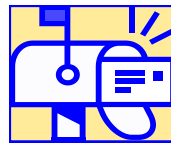
For more information
Call Newtown Continuing Education
(203) 426-1787
www.newtowncontinuinged.org



You can register by phone by calling (203) 426-1787 with a Visa, Master, Amex or Discover Card with an expiration date and security code. Please have all the information requested on the mail-in registration form before calling.



You may register in person by coming to the Newtown Continuing Education Office located at Newtown High School, 12 Berkshire Road, Sandy Hook, CT 06482, Monday through Friday from 9:00 am to 1:00 pm.



Simply complete the registration form (or a copy of one) sign it and send it with payment to Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482.



Have your FAX transmit a completed registration form to our FAX machine by calling (203) 426-1787. Be sure to include your Visa, Master, Amex or Discover Card number, expiration date, security code and signature.

GENERAL INFORMATION

- Please register early. Waiting until the last minute to register may result in the cancellation of a class. In addition, many classes have limited enrollment.
- Register by **February 21st** and receive a **10% discount**. This discount **is not** available for bus trips, SAT, Drivers Ed, online courses and others as noted. If the Senior discount is taken, the 10% discount is not applicable. **Only one discount per person.**
- All Senior Citizens (62 and older) receive a **25% discount** for courses not specifically excluded. **NOTE:** The Senior discount **is not** available for early registration discount, bus trips, online courses, and others as noted. If the Senior discount is taken, the 10% discount is not applicable. **Only one discount per person.**
- Board of Education rules prohibit anyone under the age of sixteen from taking an Adult Education course without special permission. Call Continuing Education for information.
- NO NEWS IS GOOD NEWS!** The only time you will hear from us is if there is a change in time or day or the class is full or cancelled.
- Online Classes—please be sure to include your email address when registering for one of these classes.
- You can view our brochure or print a registration form from our **Website:** www.newtowncontinuinged.org.

FEES

- Payment is due at time of enrollment.
- Returned checks are subject to a \$10.00 service fee.

CLASS LOCATION

All classes are offered at **NHS** (Newtown High School) unless otherwise noted in the course description. **NMS** stands for Newtown Middle School, **RIS** stands for Reed Intermediate School, **SHS** stands for Sandy Hook School, **Teen Ctr** stands for Teen Center. And **DHS** stands for Danbury High School. Room assignments will be posted and staff will be available for assistance on the first night of classes at the High School.

THERE WILL BE NO CLASSES on April 10, 13, 14, 15, 16, 17 and May 25, 2020

SCHOOL CLOSING POLICY

If day time classes are cancelled because of inclement weather there will be **NO evening classes**. The following radio stations broadcast “no school” announcements: WLAD Danbury 800, FM WDAQ 98.3, FM WEZN 99.9 and WTNH News Channel 8.

PLEASE NOTE: All public school buildings and grounds are non-smoking areas, per policy of the Newtown Board of Education.

Newtown Continuing Education, (located in Newtown High School) 12 Berkshire Road, Sandy Hook, CT 06482

Newtown Continuing Education does not discriminate on the basis of ethnicity, race, color, age, marital status, gender, disability, sexual orientation or religion, mental or physical disability or any other legally recognized protected status in any of its employment practices, school activities, or educational programs.

www.newtowncontinuinged.org

REGISTRATION FORM

NAME: _____ E-MAIL: _____

HOME #: _____ BUSINESS #: _____ CELL #: _____

STREET: _____ CITY: _____ STATE: _____ ZIP: _____

COURSE #	DESCRIPTION	FEE
	TOTAL	
	SUBTRACT 25% SENIOR DISCOUNT if applicable (62 OR OLDER)	
	SUBTOTAL	
	SUBTRACT 10% EARLY REGISTRATION DISCOUNT (not applicable with the Senior discount)	
	TOTAL WITH APPLICABLE DISCOUNTS	

PAYMENT TYPE: (CIRCLE ONE) CHECK MC VISA DISCOVER AMEX

Credit Card #: _____ **Exp. Date:** _____ **Security Code:** _____

Name On Card: _____

Signature: _____

**WE DO NOT CONFIRM REGISTRATIONS. PLEASE MARK YOUR CALENDARS.
YOU WILL BE NOTIFIED IF A CLASS IS CANCELED OR FILLED.**

**Eligibility: No participants under 16 years of age except for SAT, Drivers Education
And Trips or otherwise as noted.**

**Mail or Phone/Fax Your Registration Form to:
Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482
(203) 426-1787
www.newtowncontinuinged.org**



TEENAGE DRIVER EDUCATION

30 hours of classroom and 8 hours behind the wheel often qualifies you for an insurance discount. License testing options are available. Let us prepare you for licensing with one of our programs offered through Newtown Continuing Education at Newtown High School. Optional textbook is \$25. Students must be 16 years old at the start of class.

FULL DRIVER EDUCATION COURSE: 30 hours of classroom instruction and 8 hours of private driving lessons \$579 Daytime and evening classes available. For more information on times and dates, please contact The Next Street, 1-800-732-8090, www.thenextstreet.com/newtownhs

LICENSING TESTING: You can take the test at The Next Street or we meet you at DMV or we take you to DMV for an additional fee.

DRIVING LESSONS: Our private driving lessons are 2-hour appointments and can be purchased at the time of enrollment or added to an existing account at any time.

Call The Next Street at 1-800-732-8090 for more information.



SAT PREP

Newtown Continuing Education is pleased to be able to offer three different challenging SAT and ACT review classes for your college bound son/daughter with two different price points, geared for the May SAT.

The Lentz and Lentz PSAT/SAT Prep is designed to benefit students of all ability levels. This 24-hour program is divided equally between English and Math and covers all facets of the new SAT and PSAT. Class features: test taking techniques, preparation for the essay, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading, grammar tips, and online downloads for supplemental review. The downloads are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum. Teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. We also allow students the flexibility to attend live make up classes at any of our nearby locations. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. **Tuition: \$415. For more information or to register call Lentz & Lentz at: (845) 638-2826 or visit www.lentzSATPrep.com**

The Princeton Review The Ultimate course is our most popular comprehensive prep course. Led by a Princeton Review expert, you'll review all the content tested on the SAT® and master our exclusive test-taking strategies through extensive in-class practice & drills. This course includes 18 hours of live classroom prep plus three full-length practice tests. **Tuition: \$674.25 with promo code NEWTOWN20%.**

Newtown High School Teachers SAT Prep Course is a 24-hour program given by teachers who have been carefully screened for their SAT expertise and ability to present the information and test-taking skills in a professional manner. Knowledge of the test format and a review of test material are very helpful for your student's success. Emphasis will be on basic test-taking techniques that will aid students with the test process. Tuition for this program is \$199. For more information or to enroll, call Newtown Continuing Education 203-426-1787 or visit www.newtowncontinuinged.org.

CONTINUING ED CLASSES FOR AGES 16 AND UP

Did you know that Continuing Education classes are open to students ages 16 and older? Do you have an interest in Yoga, Fused Glass, Belly Dancing, etc. Or do you want to brush up on your computer skills? If you don't have time during your regular day, perhaps you would like to join us at night for one or more of the many classes we offer. Check us out online at www.newtowncontinuinged.org or call us at 203-426-1787. Our office hours are Monday through Friday from 9:00 a.m. to 1:00 p.m. We can register you over the phone with a credit card or you can fill out a registration form and mail it with payment to us at: Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482. Registering for our Spring Session by February 21th, 2020 will get you an additional 10% discount! **Discount does not apply to Drivers Ed and SAT/ACT classes or those specifying no discount.**



In an effort to continue to bring new and exciting courses to the Newtown Community, Newtown Continuing Education is always looking for new instructors to bring their talent to us. No formal teaching experience or certifications are required. We offer a competitive salary as well as the opportunity to meet other adults interested in the learning experience.

If you have a particular skill and an interesting topic that you would like to share with other adults, please either fill out the form below and return to us or call our office at (203) 426-1787 for further information.

INSTRUCTOR APPLICATION

Newtown Continuing Education
12 Berkshire Road
Sandy Hook, CT 06482
Phone & Fax: (203) 426-1787
www.newtowncontinuinged.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

E-MAIL: _____ PHONE: _____

COURSE TITLE: _____

COURSE DESCRIPTION: _____

Our program runs Monday through Thursday and our Fall semester will begin in September 2020. Please return this form to us by July 31, 2020.



Newtown Continuing Education
Located in Newtown High School
12 Berkshire Road
Sandy Hook, CT 06482

Nonprofit Organization
U.S. Postage
PAID
Newtown, CT
06470
Permit # 12

Postal Customer

New Classes This Spring:

Qigong and Tai Chi Easy, Karate, One Dance, Advanced Cognitive Training For Added Mindfulness, Jazz, Reading Tarot Cards, Mosaic Garden Art, Sandblasted Garden Party Lights, Classic Mending and Alteration Techniques, Basics of Drawing, Studio Fashion Photography Workshop, Smartphone Photography For Beginners, Smartphone Photographic Art For Everyone, Raising Goats, Beginners Guide To Seeds, Gardening Indoors For Happy Houseplants, The World of Jules Verne and H.G. Wells, World of James Fenimore Cooper, Lon Chaney, The American Revolution, Using Gmail and Google Calendar, PowerPoint, Windows 10, Backup Strategies, Google Docs and Google Sheets, Long-Term Care Planning, Short Story or Memoir Writer, Medicare, Medicaid, Family Life Planning, Yoga With Eliza Ann, Safe Boating/Personal Watercraft, Bus Trips: Culinary Institute of America, Metropolitan Museum of Art, Great Jack-O-Lantern Blaze, Highline and Hudson Yards and much more!!!!

Register Today by contacting:

Newtown Continuing Education
Located in Newtown High School
12 Berkshire Road, Sandy Hook, CT 06482

OFFICE HOURS:

Monday—Friday 9:00 a.m. to 1:00 p.m.
(203) 426-1787

www.newtowncontinuinged.org

Find us on Facebook:

www.facebook.com/newtowncontinuingeducation

Some Returning Favorites:

Security Officer License Training, Meditation and Mindfulness, Researching Our Roots, Reiki, Knitting, Sewing, Life Drawing, Watercolor Techniques, Acrylic Pour Painting, Raising Backyard Chickens, First Aid, Adult and Pediatric CPR/AED, What is the Cloud, Staying Safe Online, Excel, Word, Financial Strategies for Successful Retirement, Tax Free in Retirement, Social Security Planning, Women In Retirement, Medicare Basics, French, German, Sign Language, Ballroom Dance, Belly Dance, Country Western Dance, Yoga, Interval Training, What's Happening in Newtown and more!!!



Scan this tag with your mobile
phone to view our website

Summer Camps 2020

For information, please contact
Newtown Continuing Education
(203) 426-1787 or
continuinged@newtown.k12.ct.us