

# SPRING 2021 Newtown Continuing Education

*Your Lifelong Learning Hub*



Card Games:  
Canasta/Mahjong...  
(Pg. 13)

Computer Classes:  
Excel, Word, Powerpoint..  
(Pg. 2 & 3)

Ed2Go Online Careers:  
Over 500 to choose from  
(Pg. 3)

Genealogy Classes:  
Researching Our Roots...  
(Pg. 8)

History:  
Roosevelt, P.T. Barnum...  
(Pg. 8)

Home & Garden:  
Canning, Meal Prep...  
(Pg. 7)

Mind & Body:  
Pilates, Yoga, Meditation...  
(Pg. 9-12)

Retirement Planning:  
Medicaid, Trusts, Medicare...  
(Pg. 4 & 5)



**25% Discount for Adults Ages 62+**  
**10% Early Registration Discount -**  
Discounts Exp. 3/31/2021

(Discounts cannot be combined, and may be used except where noted that discounts do not apply).

Register Online: [newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)  
P: 203.426.1787 | [newtowncontinuinged.org](http://newtowncontinuinged.org)



Newtown High School  
12 Berkshire Road  
Sandy Hook, CT 06842

# NEWTOWN CONTINUING EDUCATION:

## Information



**Give us a Like on  
Facebook!**

[@Newtown Continuing Education](#)

### Office Hours:

Monday - Friday

8:30 a.m. to 3:30 p.m.

In an effort to minimize traffic throughout our building, all office hours are by phone only. We encourage you to use our **online** or **mail-in** registration options to register.

### Contact Us:

Phone: (203) 426-1787

Email:

[continuinged@newtown.k12.ct.us](mailto:continuinged@newtown.k12.ct.us)

## Registering Made Easy

### Online Registration:

[www.newtown-ce.revtrak.net](http://www.newtown-ce.revtrak.net)

### By Mail:

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

By Fax:/Phone: (same)

(203) 426-1787

## Hablamos Español

Tel: (203) 426-1787

Si tiene preguntas sobre los cursos que ve en nuestro catálogo, llámanos y estaremos encantados de ayudarle.

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# DO YOU HAVE A TALENT OR INNOVATIVE IDEA?

Do you have a **new** or **exciting** course you would like to bring to the Newtown Community through Newtown Continuing Education?

We are always looking for innovative instructors to bring their talent to us. We offer a *competitive salary*, as well as an opportunity to meet and engage with other members of our community and provide the space to do so.

Email Your Idea: [continuinged@newtown.k12.ct.us](mailto:continuinged@newtown.k12.ct.us)

Full Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Program Name: \_\_\_\_\_

Brief Description: \_\_\_\_\_

\_\_\_\_\_

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Submit this form through Mail or Fax: (203) 426-1787

Mail to: Newtown Continuing Education at Newtown High School - 12 Berkshire Rd. Sandy Hook, CT 06482

## BRONX ZOO:

JUNE 5, 2021

Make it a family affair (Ages 10 & up). Total Experience Zoo Admission ticket includes: zoo shuttle, monorail, Gorilla Exhibit, Butterfly Garden, and more. Avoid driving through traffic and let Friendship Tours get you there.

## ON THE HUDSON: BOAT RIDE JULY 10, 2021

Enjoy a two-and-a-half hour, scenic cruise along the Hudson River aboard the Rip Van Winkle. Ticket includes lunch on the deck of *Shadows on the Hudson*.

## BLOCK ISLAND, RI: AUGUST 2021

Enjoy the roundtrip ferry from Point Judith and Lunch at the National Hotel (advance choice of: Pan Seared Chicken Breast, Seafood Casserole, or Grilled Salmon). You'll also get a 1-hour narrated driving island tour, time to explore the island on your own and a Friendship Tours director to help direct you in the right direction. Moderate walking is involved.

For a full itinerary, pricing or to reserve your seat

visit: [newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)

or give us a call at (203) 426-1787

*We've limited our offerings to outdoor trips.*

## EXCURSIONS: BUS TOURS

### Before booking please consider:

Friendship Tours makes every effort to provide the trip as written.

- ◆ All Trips are non-refundable; canceled trips will receive a credit on account for future use.
- ◆ All trips must be booked 2 weeks in advance of departure date.
- ◆ We are not responsible for any changes made in the arrangements, for delays, and or cancellation of trips.

Some of the measures being taken by Friendship Tours in ensuring a "Safe Journey," are detailed below.

- ◆ Tours are **limited to fewer passengers**. Empty seats allow for a more comfortable experience and better social distancing.
- ◆ **Use of Face Masks:** Face masks *will be required* when on the coach as well as in the indoor/outdoor establishments visited while on tour (including drivers, Tour Directors, servers, and hospitality staff).
- ◆ (2) signed forms will be required to travel: a **Wellness Declaration Form** and a **Travel Liability Waiver**. Forms will be provided prior to your departure and must be submitted to NCE before travel.
- ◆ If you are **not feeling well**, have symptoms, or have been exposed to COVID-19, please **DO NOT travel**. Your wellness and the health of everyone on board is dependent on this commitment we make to each other.

Please visit [FriendshipTours.net](http://FriendshipTours.net) for detailed info on their policies.

For detailed **itinerary information** or to register for a bus trip visit:  
[newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)





**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 class.

**Course# SMW1** 1 Class NHS Price: \$59  
 Thursday April 1, 2021 6:30 - 9 PM  
 Mike Ingber *Upward Business*

**BACKUP: PROTECT YOUR DATA**

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# SBU1** 1 Class Virtual Price: \$59  
 Wednesday May 12, 2021 6:30 - 8:30 PM  
 Mike Ingber *Upward Business*

**GOOGLE DOCS & 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# SGD1** 1 Class Virtual Price: \$59  
 Wednesday March 17 6:30 - 9 PM  
 Mike Ingber *Upward Business*

**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 one-night class to learn more about staying safe online!

**Course# SSSO1** 1 Class Virtual Price: \$45  
 Wednesday April 7, 2021 6:30 - 8:30 PM  
 Mike Ingber *Upward Business*





## EXCEL: PART I

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. We will learn how to use formulas and functions, as well as many other features. You will be surprised at how versatile Excel can be and how easy it is to learn.

|                     |                        |       |              |
|---------------------|------------------------|-------|--------------|
| <b>Course# SCE1</b> | 3 Classes              | NHS   | Price: \$139 |
| Mondays             | April 19, 26           | May 3 | 6:30 - 9 PM  |
| Mike Ingber         | <i>Upward Business</i> |       |              |

## EXCEL: PART II

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.

|                     |                        |     |             |
|---------------------|------------------------|-----|-------------|
| <b>Course# SCE2</b> | 2 Classes              | NHS | Price: \$99 |
| Mondays             | May 10 & 17            |     | 6:30 - 9 PM |
| Mike Ingber         | <i>Upward Business</i> |     |             |

## MICROSOFT 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, and more. No prior word processing knowledge is necessary, but a basic knowledge of computers is helpful.

|                    |                        |     |             |
|--------------------|------------------------|-----|-------------|
| <b>Course# SW1</b> | 2 Classes              | NHS | Price: \$99 |
| Thursdays          | March 4 & 11           |     | 6:30 - 9 PM |
| Mike Ingber        | <i>Upward Business</i> |     |             |

## POWERPOINT

PowerPoint is the most commonly used presentation program available, both in school and for business. 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.

|                     |                        |     |             |
|---------------------|------------------------|-----|-------------|
| <b>Course# SPP1</b> | 2 Classes              | NHS | Price: \$45 |
| Mondays             | March 8 & 15           |     | 6:30 - 8 PM |
| Mike Ingber         | <i>Upward Business</i> |     |             |

## Ed 2 Go Online Classes:

We offer a wide range of *highly interactive courses* that you can take entirely over the Internet. All of our courses are led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fast, convenient, and geared just for you. Offering courses for personal skill development *or* advanced career training. **Discounts do not apply.**

### Courses In:

|                     |                      |
|---------------------|----------------------|
| Arts & Design       | Construction & Trade |
| Business            | Language             |
| Hospitality         | Health & Fitness     |
| Legal               | Math & Science       |
| Teacher Development | & More               |

**Personal Skill Development Online Catalog:**  
[ed2go.com/newtown/](http://ed2go.com/newtown/)

Interactive, instructor-led or self-paced, courses.

**Advanced Career Training/Certification Catalog:**  
[careertraining.ed2go.com/newtown/](http://careertraining.ed2go.com/newtown/)

Prepare for industry certification or a new career. Start anytime and receive in-depth study materials. Many complete in 6 months or less.



**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 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 can also create substantial taxable income. This course will address the current tax law, where they may go in the future and how higher taxes can change your retirement. You will also learn the concepts on how to eliminate taxes on social security. Join us to learn about strategies that can help you get closer to a tax free retirement.

|                      |                          |             |             |
|----------------------|--------------------------|-------------|-------------|
| <b>Course# SFPR1</b> | 1 Class                  | NHS         | <b>FREE</b> |
| Wednesday            | March 10, 2021           | 6 - 7:30 PM |             |
| Michael Alimo        | USA Financial & Tax Svcs |             |             |

**SOCIAL SECURITY PLANNING**

*Do you know what strategy is best for you?*  
 When should you take your Social Security? How do you apply? What impact does your spouse’s Social Security have on what you collect? This ninety-minute virtual presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision.

|  |           |                |             |
|--|-----------|----------------|-------------|
| <b>Course#</b>                           | 1 Class   | Virtual        | Price: \$29 |
| <b>SFPSS1:</b>                           | Tuesday   | March 9, 2021  | 6:30 - 8 PM |
| <b>SFPSS2:</b>                           | Monday    | March 15, 2021 | 6:30 - 8 PM |
| <b>SFPSS3:</b>                           | Thursday  | April 22, 2021 | 6:30 - 8 PM |
| <b>SFPSS4:</b>                           | Wednesday | April 28, 2021 | 6:30 - 8 PM |
| Charles Yannich and Albert D’Agosto      |           |                |             |
| <i>Retirement &amp; Money Strategies</i> |           |                |             |

**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 pressure 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.

|                     |                   |                |             |
|---------------------|-------------------|----------------|-------------|
| <b>Course# SFR1</b> | 3 Classes         | NHS            | Price: \$39 |
| Tuesdays            | March 16, 23 & 30 | 6:30 - 8:30 PM |             |
| Steven Jacques      |                   |                |             |

**You should consult your own financial advisor or attorney before making any investments or decisions based on specific information or examples used by our instructors.**

## ELDER LAW STRATEGIES:

### How To Keep Medicaid From “TAKING IT ALL”

Whether you are planning for future long-term care or confronting a loved one’s current long-term care, you can structure your legal documents, assets and income to use Medicaid’s technical rules for you instead of against you. Protect your assets and income from Medicaid (Title XIX) exposure whether you need care in the future or right now. Topics include: asset and income limits, spousal protections, exempt assets, trusts, annuities, spend-down, avoiding 5-year look-back, and avoiding recoveries.

**Course#SEL1**    1 Class    Virtual                    **FREE**  
 Thursday        May 20, 2021                    6:30 - 8 PM  
 Thomas E. Murphy Esq. & Michele F. Murphy RN, MSN, Esq.  
*Danbury Estate Planning and Elder Law Attorneys*

## EMPOWERING WOMEN IN RETIREMENT

Learn how to plan for retirement as a single, widowed, divorced or separated woman. There will be discussions on social security benefits, income needs and the risk of running out of money. Join us to increase your knowledge and confidence; which will assist you in making the best decisions for a stress-free environment.

**Course# SFPR2**    1 Class                    NHS    Price: \$9  
 Wednesday        March 3, 2021    6 - 7:30 PM  
 Michael Alimo    *USA Financial & Tax Svcs*

## PROTECT YOURSELF AND YOUR FAMILY WITH TRUSTS

Avoid probate, minimize estate taxes, protect assets from Medicaid, preserve IRA funds, provide for disabled family members, and protect your estate from your children’s creditors. Trusts keep you in control: You say what goes in, what comes out, and who does what. Avoid conservatorship during incapacity, litigation over your estate, costs of probate, and Medicaid forfeitures. Topics to be covered include: Revocable Living Trusts, Asset Protection Trusts, IRA Trusts, Special Needs Trusts, and Testamentary Trusts.

**Course#SFPT1**    1 Class                    Virtual                    **FREE**  
 Thursday        March 11, 2021                    6:30 - 8 PM  
 Thomas E. Murphy Esq. & Michele F. Murphy RN, MSN, Esq.  
*Danbury Estate Planning and Elder Law Attorneys*

**You should consult your own financial advisor or attorney before making any investments or decisions based on specific information or examples used by our instructors.**



## 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, various related Medicare solutions, “Medigap” plans (Medicare Supplements) Medicare Advantage 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 healthcare.*

**Course#**                    1 Class                    NHS    Price: \$25  
**SMB1:** Thursday        March 18, 2021        6:30 - 8 PM  
**SMB2:** Thursday        April 22, 2021        6:30 - 8 PM  
**SMB3:** Thursday        May 13, 2021        6:30 - 8 PM  
 Suzanne Candee  
*HIQS Group*







**ADULT KNITTING CIRCLE: INTERMEDIATE+**

For those who can cast on and knit garter stitch, and are ready to build more skills (or have completed the beginner course). For intermediate students, 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'll learn to read patterns, check gauge, master more difficult stitches (including cables) and more!

Students need to bring in size 10 (longer length, preferably) straight needles and one skein (150 yards) of worsted weight yarn of their choice to start. Other materials needed discussed in class. Advanced projects available, as well as students can bring independent projects for help and instruction, as well.

**Course #SKI1** 8 Classes Teen Center Price: \$135  
 Wednesdays March 31 April 7, 21, 28 May 5, 12, 19, 26  
 12:15 - 1:15 PM \*No class April 14  
 Nicole Christensen

**Course #SKI2** 8 Classes Teen Center Price: \$135  
 Thursdays April 1, 8, 22, 29 May 6, 13, 20, 27  
 6:45 - 7:45 PM \*No class April 15  
 Nicole Christensen

**ADULT BEGINNERS' KNITTING CIRCLE**

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 on the basics, this course is for you! Learn to cast on, knitting, purling, shaping 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...using snippets of time! It's a very calming hobby. Learn about different fibers, try out different types and sizes of needles, and more! Crochet 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 #SBG1** 8 Classes Teen Center Price: \$135  
 Wednesdays March 31 April 7, 21, 28 May 5, 12, 19, 26  
 6:45 - 7:45 PM \*No class April 14  
 Nicole Christensen

**Course #SBG2** 8 Classes Teen Center Price: \$135  
 Wednesdays March 31 April 7, 21, 28 May 5, 12, 19, 26  
 11 AM - 12 PM \*No class April 14  
 Nicole Christensen

**Course #SBG3** 8 Classes Virtual Price: \$135  
 Thursdays April 1, 8, 22, 29 May 6, 13, 20, 27  
 11 AM - 12 PM \*No class April 15  
 Nicole Christensen

**SPA NIGHT**

Ladies, get your girlfriends/mom/sisters/daughters together and create rollers, serums, and sprays for a spa night at home! I'll show you my favorite essential oil hacks for common health goals and beauty to remove the chemicals from your daily routine and relax in the process. You will make 3-4 spa items for \$15-20 to take home with you along with a handful of emailed recipes to recreate later. Everyone will also have the opportunity to receive a free iTOVi scan to see which oils it recommends for them.

*Materials Fee: \$15-20 (due on the night of the class)*

**Course#SSPA1** 1 Class NHS Price: \$15  
 Thursday April 8, 2021 6:30 - 8:30 PM  
 Katie Marquis





## BACKYARD BOUNTY:

### *A Guide to Vegetable Gardening*

You don't need to have a farm to keep a vegetable garden! In this class, we will go over what it takes to keep a great vegetable garden. Learn what vegetables and herbs work best and where, when to plant and harvest throughout the entire season, and what common pests and plant diseases can strike (and what to do when they do). From containers to raised beds, get ready for summer, and feed your family right from your own backyard!

**Course# SG1** 1 Class Virtual Price: \$39  
 Monday April 26, 2021 6:30 - 8:30 PM  
 Nicole Christensen



## CANNING 101:

### *Comprehensive Beginner's Guide to Canning & Preserving*

Do you love to garden and find yourself with a bounty? Do you feel giddy at farmer's markets in summer and come home with more than you can possibly eat? This class is for you! We will cover everything the beginner canner and preserver needs to know. Learn what tools you need, how to choose the best vegetables and fruits, how to safely preserve your bounty, along with great tips, recipes, and more!

**Course#** 1 Class Virtual Price: \$39  
**SBC1:** Monday May 24, 2021 6:30 - 8:30 PM  
**SRBC2:** Monday August 9, 2021 6:30 - 8:30 PM  
 Nicole Christensen



## CHEMICAL-FREE CLEANING HACKS

*Feeling overwhelmed with trying to go chemical-free, but not sure where to start?*

Learn the best hacks to **clean the natural way** and **save money** using everyday ingredients plus essential oils. The instructor will discuss which chemicals to avoid, how to use essential oils, and how to incorporate them into your daily life for cleaning, health, and saving money. You will have the opportunity to make three oil-infused cleaning products to take home for \$15. Students will also receive an email with recipes to use at home.

*Materials Fee: \$15 (due on night of the class)*

**Course# SCF1** 1 Class NHS Price: \$15  
 Tuesday March 23, 2021 6:30 - 8:30 PM  
 Katie Marquis

## GLUTEN FREE MEALS

Eating gluten free is actually easier than it sounds! Learn some quick and easy gluten-free meals that the whole family will love! A recipe card and ingredient list will be provided with each registration so you can follow along or make it later! *\*No Discounts Apply*

**Course#:** SMP1 1 Class Virtual Price: \$18  
 Tuesday May 18 7 - 8 PM  
 Stephanie Tornatore

## SAVE TIME & MONEY IN THE KITCHEN

Join Steph as she show's you how you can save hundreds of dollars and so much time just by planning meals in advance! *\*No Discounts Apply*

**Course# SMP2** 1 Class Virtual Price: \$18  
 Wednesday April 21 7:30 - 8:30 PM  
 Stephanie Tornatore

**RESEARCHING OUR ROOTS**

**AN INTRODUCTION TO GENEALOGY**

Are you interested in building your family tree? Join instructor Sarah Miller as she presents strategies to begin your ancestral research using a variety of online sources. We'll focus on 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. This class is designed for those just beginning their ancestral research.

**Course# SGE1** 1 Class NHS Price: \$45  
 Monday March 15, 2021 6 - 8 PM  
 Sarah Miller *No Discounts Apply*

**RESEARCHING OUR ROOTS: DIGGING DEEPER**

Genealogical research is both rewarding and 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. Sarah 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.

**Course# SGE2** 1 Class NHS Price: \$45  
 Tuesday April 20, 2021 6 - 8 PM  
 Sarah Miller *No Discounts Apply*

**THE HISTORY OF THE SILENT FILM ERA (1893-1929)**

Come join us as we learn the history behind the early inventors of the movie camera and how they created a new form of entertainment. We will discuss the inventors of moving picture cameras, many of the silent era film stars, their movies and the Hollywood scandals of the early film era. A must course for history and film lovers!

**Course# SFLM1** 3 Classes NHS Price: \$44  
 Tuesdays May 25, June 1, 8 6:30 - 8:30 PM  
 Leon DiMartino

**P.T. BARNUM & THE ORIGINS OF THE AMERICAN CIRCUS**

Come join us while we discuss the "greatest showman." We will learn the story of the man who invented the American Circus. He was a showman, businessman and an entertainer. Learn the story behind P.T. Barnum's rise to fame and the American circus.

**Course# SPTB1** 1 Class NHS Price: \$44  
 Thursday May 6, 2021 6:30 - 8:30 PM  
 Leon DiMartino

**THEODORE ROOSEVELT: NY CITY POLICE COMMISSIONER**

A young Theodore Roosevelt is appointed the commissioner of the New York City police department. As the president of the police commission, Roosevelt, true to form, vigorously threw himself into the task. Join us to learn the story of how Roosevelt changed the way of the New York City police and their training procedures during the period of 1893-1897.

**Course# STR1** 1 Class NHS Price: \$44  
 Thursday June 10, 2021 6:30-8:30 PM  
 Leon DiMartino

**THE LIFE AND TIMES OF LAUREL AND HARDY**

Come learn the story behind one of the most famous comedy teams of the last century and the impact they still have on American Film. From their early days in vaudeville shows to silent era films to talking movies. Laurel and Hardy left their mark on movie history!

**Course# SLH1** 1 Class NHS Price: \$44  
 Monday May 3, 2021 6:30 - 8:30 PM  
 Leon DiMartino

**THE AMAZING WORLD OF JULES VERNE & H.G. WELLS**

Join us for a fun and educational discussion about the French writer Jules Verne and the Englishman H. G. Wells, who remain, arguably, the two most famous writers of science fiction. Both men are credited as the Fathers of Science fiction writings. Learn how these two imaginative men wrote about and predicted the future in an earlier time. We will discuss each of their backgrounds and a few of their famous novels.

**Course# SJV1** 1 Class NHS Price: \$44  
 Monday June 7, 2021 6:30 - 8:30 PM  
 Leon DiMartino

## 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 and traditional Middle Eastern music, will have you dancing away the calories. Beautiful hip scarves and silk veils provided.

Workout clothes are recommended. Please bring a refillable water bottle.

**Course#SBD1** 8 Classes NHS Price: \$99  
 Tuesdays March 9, 16, 23, 30, April 6, 20, 27, May 4  
 6:30 - 7:30 PM \*No class April 13  
 Suzanne Candee

## OUTDOOR WALK & TONE

Grab your sneakers and a water bottle for this fun outdoor class! This class will include a combination of walking, interval training (optional), toning exercises utilizing the body's own resistance, ab work (without getting on the ground!) and core work and stretching. All levels of fitness are welcome, as low-impact/low intensity and high impact/high intensity options will be available. This course will keep you toned and increase your metabolism by increasing muscle cells. Let's get outdoors and enjoy the spring weather, and have fun with others! Space is limited to ensure social distancing.

**No Discounts Apply**

**Course#** 6 Classes NHS (Outdoors) Price: \$69  
**SWT1:** Mar 23, 30 April 6, 20, 27 May 4 \*No class April 13  
 4:30 - 5:30 PM  
**SWT2:** May 11, 18, 25 June 1, 8, 15  
 4:30 - 5:30 PM  
 Jill Patterson

## LADIES LUNCH LUNGE

This class is the secret to fitting in your jeans by lunch time. Join this small group of ladies during your lunch break to get moving. With many of us sitting sedentary throughout most of the day, a little movement can go a long way. The sessions are led by a personal trainer and life coach.

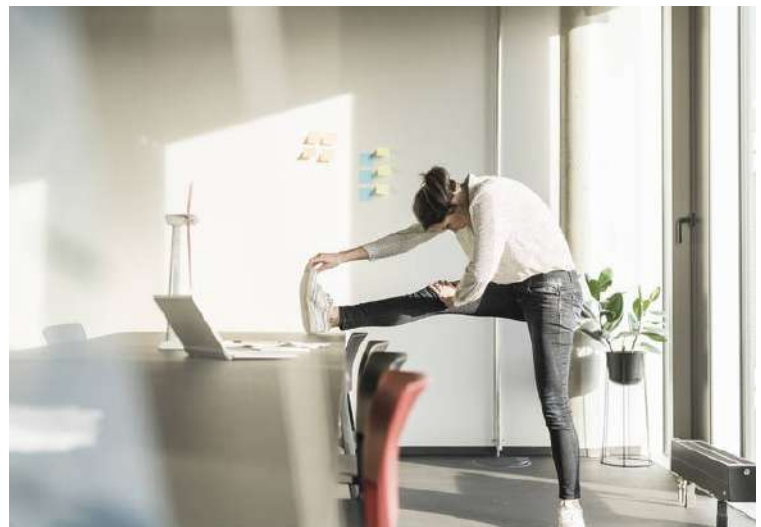
**Course# SLLL1** 5 Classes Virtual Price: \$39  
 Tuesdays March 9, 16, 23, 30 April 6 12:15 - 12:45 PM  
 Linda Gottlieb *Personal Fitness Trainer*

## COUNTRY WESTERN LINE DANCING

Once you get moving, you will not be able to stop! This is a great cardio exercise. If you took this series already, some dances will be repeated, but there are always additional dances to learn! We will also talk about Country Dance technique and dance floor etiquette. Comfortable clothing and flat dance shoes are recommended.

**Course#** 6 Classes NHS Price: \$95  
**SLD1:** Wednesdays March 3, 10, 17, 24, 31 April 7  
 6:45 - 7:45 PM  
**SLD2:** Wednesdays April 21, 28 May 5, 12, 19, 26  
 6:45 - 7:45 PM  
 Cheryl Carpio

*If you have any concerns about whether or not your body is ready to exercise, please consult your physician.*



Research shows that as **little as 30 minutes of exercise** per day can boost our general health and well-being.

## LOSE WEIGHT LIKE A GUY

You're not imagining things. While you struggle to shed the weight, eating the same items as your male counterpart; they shed it, while you gain it. Want to find out the secret to men's weight loss and why they slim down faster? Join Certified Personal Trainer and Life Coach, Linda, as she helps you realize the optimal steps to shed the weight like a guy. *Learn about the seven habits that will help you feel slimmer and healthier.*

**Course# SLW1** 1 Class Virtual Price: \$18  
 Monday March 8, 2021 3 - 5 PM  
 Linda Gottlieb *Personal Fitness Trainer*





*Outsmart Osteoporosis and strengthen your bones with a certified, personal trainer. Men and women are welcome, as osteoporosis can affect anyone.*

**OUTSMARTING OSTEOPOROSIS:**

*Strengthen Your Bones*

This one time introduction will feature modified exercises, to strengthen muscles, assist in better balance and how to prevent falls (which can sometimes result in fractures). Light hand weights (2lb) can be used and or resistance bands, but only if you are comfortable. As always, we recommend you consult with your physician prior to doing an exercise class. Outsmart Osteoporosis and strengthen your bones with a certified, personal trainer. Men and women are welcome, as osteoporosis can affect anyone.

|                    |                                 |         |             |
|--------------------|---------------------------------|---------|-------------|
| <b>Course# SO1</b> | 1 Class                         | Virtual | Price: \$18 |
| Monday             | March 15, 2021                  |         | 3 - 5 PM    |
| Linda Gottlieb     | <i>Personal Fitness Trainer</i> |         |             |

**PILATES WITH ROSE: BUFF BONES®**

Buff Bones® is a medically-endorsed, full body workout for bone strengthening and balance. It integrates Pilates, strength training, functional movement and rehabilitative exercise to improve the health and longevity of your bones and joints. It's adaptable to varying levels (not high intensity) and is safe for those with osteoporosis. Rosemary Larkin is a licensed Buff Bones® Instructor. Bring a mat and light weights (2-3 lb), wear flexible, fitted clothing. *No Discounts Apply*

|                      |                                     |     |              |
|----------------------|-------------------------------------|-----|--------------|
| <b>Course# SPBB1</b> | 6 Classes                           | NHS | Price: \$130 |
| Mondays              | March 29 April 5, 19, 26, May 3, 10 |     |              |
| 5 - 6 PM             | *No class April 12                  |     |              |
| Rosemary Larkin      | <i>Certified Pilates Instructor</i> |     |              |



**Personal Pilates with Rose: Mat or Reformer Virtual or in-studio**  
*By appointment only.* A personalized mat or Reformer Pilates method session, originally created by Joseph Pilates as Contrology. Together we'll build your strongest balanced body keeping the spine flexible, the core strong and the mind focused. Special attention given to form and proper alignment with the teacher's eyes on your form for a successful execution of Pilates exercises. All levels welcome. Benefits include teacher's eyes on you for proper form and alignment. Offered virtually (with or without Pilates equipment) or in studio.

**To register for this class or for more info,** contact Rosemary Larkin, Certified Pilates Instructor at 203-417-6026 or rizzzi001@gmail.com

*It is suggested you consult with a physician prior to engaging in any physical activity if you have questions or concerns.*

**PILATES WITH ROSE: Group, Virtual Mat Pilates**

Originally created by Joseph Pilates as Contrology, this mat class works on building our strongest balanced body to keep the spine flexible, the core strong and the mind focused. Special attention is given to form and proper alignment. All levels welcome. Benefits include improved posture, strength, balance and ease of movement in daily living.

*No Discounts Apply*

|                     |                                     |         |             |
|---------------------|-------------------------------------|---------|-------------|
| <b>Course# SPV1</b> | 6 Classes                           | Virtual | Price: \$90 |
| Tuesdays            | March 30 April 6, 20, 27, May 4, 11 |         |             |
| 9 - 9:45 AM         | *No class April 13                  |         |             |
| Rosemary Larkin     | <i>Certified Pilates Instructor</i> |         |             |



## CHAKRADANCE™

### Power Animal Meditation & Dance

An animal always brings with it a gift or instinctual and timely message. Take a journey guarded by a guide animal to discover your power animal waiting to meet you beyond a sacred gateway in this special meditation exercise. Receive the wisdom your power animal has to offer you, then invite your animal to dance with you merging your energies forging an intimate bond. Bring a yoga mat.

**Course# SCD1** 1 Class NHS Price: \$39  
 Thursday May 20, 2021 6 - 8:00 PM  
 Audra Mace

## MEDITATION, MINDFULNESS & YOGA

Join Shyria as she teaches beginner Mindfulness, Meditation and one half hour of beginning Yoga each class. This class is designed to meet you where you are with acceptance. With acceptance we can advance in mindfulness, meditation and advance in the gentle flow practice of yoga. We find our still quiet place and from this place we choose love over fear in ourselves, our family and ultimately in our world. Bring your yoga mat, blanket and meditation pillow. Visit [yogaaccessories.com](http://yogaaccessories.com) if you need to order!

**Course# SMMY1** 10 Classes NHS Price: \$179  
 Mondays 6 - 7:30 PM \*No class March 29 & April 12  
 March 8, 15, 22 April 5, 19, 26, May 3, 10, 17, 24  
 Shyria Barker

## HEARTFELT MEDITATION

Get in touch with yourself, your emotions, and be kind to your mind. Understanding where we are at can bring us to where we want to be. All you need to do is be present and allow yourself to unwind. You will be guided through meditations that will lead your energy to positivity and calm.

**Course# SHM1** 6 Classes NHS Price: \$70  
 Thursdays April 1, 8, 22, 29 May 6, 13  
 6 - 7 PM \*No class April 15  
 Mary Sireci *Positively Shocking, LLC*

## THE FIVE TIBETANS

Learn five vital and dynamic exercises practiced by Tibetan lamas for generations designed to stem the aging process. Rhapsodized as the "fountain of youth," they increase strength, energy, and mental alertness. Once you have fully integrated these moving and meditation practices into your daily life, you will feel their profound and lasting effect. Bring a yoga mat. Practice naturally outdoors, weather permitting.

**Course# SFT1** 4 Classes NHS Price: \$79  
 Wednesdays May 5, 12, 19, 26 5:30 - 6:45 PM  
 Audra Mace

## BEGINNER MEDITATION AND MINDFULNESS

This beginner class will explore what meditation is and what it is not. The instructor will provide guided meditation, mindfulness practices and provide methods for integrating mindfulness into daily living. This will lead you to find the still quiet place within you that will ultimately reduce stress and empower you to choose love over fear. Bring your yoga mat/cushion and or meditation pillow. Visit [yogaaccessories.com](http://yogaaccessories.com) if you need to order!

**Course# SMM1** 10 Classes NHS Price: \$179  
 Wednesdays 6 - 7:30 PM \*No class April 14  
 March 10, 17, 24, 31 April 7, 21, 28, May 5, 12, 19  
 Shyria Barker



**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 (as well as a yoga strap and yoga blocks if needed.)

|   |                               |                     |
|---|-------------------------------|---------------------|
| <b>Course#</b>                                      | <b>5 or 10 Class Sessions</b> | <b>NHS</b>          |
| All classes are Wednesdays 6:30 - 7:30 PM           |                               |                     |
| <b>SYK1 (10 Classes)</b>                            |                               | <b>Price: \$100</b> |
| March 3, 10, 17, 24, 31 April 7, 21, 28, May 5 & 12 |                               |                     |
| <b>SYK2 (5 Classes)</b>                             | March 3, 10, 17, 24 & 31      | <b>Price: \$55</b>  |
| <b>SYK3 (5 Classes)</b>                             | April 7, 21, 28, May 5 & 12   | <b>Price: \$55</b>  |
| Karen Pierce  |                               |                     |

**DAYS END YOGA**

Unwind from the grind and relax into bliss. Not only does this class knock out the kinks and stress, it clears and relaxes the mind and rejuvenates the body as muscles and energy centers are gently worked. Modifications are made so that this gentle class can meet many levels. Please bring your Yoga mat Blanket, strap and a yoga block is helpful but not necessary.

|                      |                                 |            |             |
|----------------------|---------------------------------|------------|-------------|
| <b>Course# SDEY1</b> | 6 Classes                       | NHS        | Price: \$70 |
| Mondays              | May 3, 10, 17, 24               | June 7, 14 |             |
| 6 - 7 PM             | *No class on May 31             |            |             |
| Mary Sireci          | <i>Positively Shocking, LLC</i> |            |             |

**THE HEALING PROMISE OF QIGONG & TAI CHI EASY™**

Self-care is the new normal. Ready for the new and improved You? Learn playful ways 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. Enjoy mental clarity, space, peace and relaxation. Practice naturally outdoors; weather permitting.

|                     |                   |     |                |
|---------------------|-------------------|-----|----------------|
| <b>Course# STC1</b> | 4 Classes         | NHS | Price: \$79    |
| Tuesdays            | May 4, 11, 18, 25 |     | 5:30 - 6:30 PM |
| Audra Mace          |                   |     |                |

**SIMPLY STRETCH WITH MARY**

Do you want to move comfortably and reduce pain? Set aside some time for a stretch class that lengthens muscles and aids in mobility. Move with greater range of motion, and less back and body pain. Learn to stretch hard to reach muscles. Students in the class will learn how to increase flexibility as well as when to use dynamic and static stretches. This class is for any interested person as modifications are made for each level.

|                   |                   |           |             |
|-------------------|-------------------|-----------|-------------|
| <b>Course#SS1</b> | 6 Classes         | NHS       | Price: \$70 |
| Wednesdays        | May 5, 12, 19, 26 | June 2, 9 | 6 - 7 PM    |
| Mary Sireci       |                   |           |             |



## EXPRESS YOURSELF:

### ACTING & 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. In this class, 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 an empowered and revived sense of their own creativity and creative goals, and the confidence to manifest them. This class is for non actors and actors alike. 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# SEY1** 10 Classes Virtual Price: \$155  
 Thursday 6:30 - 8:30 PM \*No class April 15  
 March 4, 11, 18, 25 April 1, 8, 22, 29 May 6 & 13  
 Sheri Bresson *Actor, Singer, Writer & Teacher*

### CANASTA FOR BEGINNERS

Bring your friends and gather around the card table to learn Canasta! This six week program will introduce you to the game that everyone is playing. Two decks of cards, paper and pen, and the desire to activate your brain is all you need. Learn to play from certified instructor, Diane Gelbwaks. In this class you will learn to play both in person and online. A \$20 material fee is payable to the instructor at the first class.

**Course# SC1** 6 Classes NHS Price: \$110  
 Wednesdays March 3, 10, 17, 24, 31 April 7  
 6:30 – 8:30 PM  
 Diane Gelbwaks

### MAH JONGG FOR BEGINNERS

Learn to play American Mah Jongg from Diane Gelbwaks, an experienced teacher, in a safe, fun, interactive atmosphere. Mah Jongg is a game of skill, strategy, and chance. It is easy to learn, fun to play, and very social. In this class you will learn to play both in person and online. It is a perfect fit if you are new to the game, or want to brush up on your skills. There is an \$8.00 material fee for the 2020 Mah Jongg card that is payable to the instructor at the first class.

**Course# SMJ1** 6 Classes NHS Price: \$110  
 Tuesdays March 2, 9, 16, 23, 30 April 6  
 6:30 – 8:30 PM  
 Diane Gelbwaks

### SIGN LANGUAGE FOR BEGINNERS

You say you've always wanted to learn sign language?! Now is your chance! 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 together!  
*No Discounts Apply*

**Course# SSL1** 6 Classes NHS Price: \$125  
 Wednesdays Mar 3, 10, 17, 24, 31 April 7 7 - 8 PM  
 Maggie Cortese

### DOWNSIZING SIMPLIFIED

If you're planning to move or downsize in the near future and are feeling overwhelmed by the process, this presentation is for you! Sue Duval, Certified Professional Organizer and owner of The Organized Hive will share pro tips to declutter your home and simplify the downsizing process. Learn the many reasons and emotional attachments that cause us to hold onto things we no longer need...AND how to part with them anyway! Find out the best resources for selling and donating, made easy. Master simple staging strategies AND pick up some pointers for a manageable move.

**Course# SORG1** 1 Class Virtual Price: \$39  
 Wednesday March 24, 2021 7 - 8:30 PM  
 Sue Duval *Professional Organizer, The Organized Hive*



**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. This 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.

**No Discounts Apply**

**Course# SAID1** 1 Class NHS Price: \$99  
Thursday March 25, 2021 6 - 8:30 PM  
Mary Sireci *Certified Instructor, Positively Shocking*



**PEDIATRIC, DAY CARE CPR CERTIFICATION**

The American Heart Association Heartsaver Pediatric First Aid with CPR/AED course teaches participants to recognize sudden illnesses, treat serious injury, and how to perform the lifesaving skills of CPR for adults, children, and infants with the use of an Automated External Defibrillator (AED). This course **meets the Pediatric First Aid and CPR AED requirements of the Connecticut Office of Early Childhood (OEC) for licensed childcare providers.** This course is for renewing, rectification or initial student and is considered a basic Pediatric CPR/ first-aid class Course for Connecticut Daycare workers. There are not any official lunch breaks in this course, but there will be breaks. This course is intended for individuals responsible for the care of children and infants – particularly childcare providers, babysitters, camp counselors, and parents. This course is also appropriate for members of the community who want to be prepared in the event of a cardiac arrest or serious life threatening injury.

**\*No Discounts Apply**

**Course# SPCPR** 1 Class NHS Price: \$150  
Saturday May 22, 2021 8 AM - 4 PM  
Louis Bonito *LJB Security Training*

**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.

**No Discounts Apply**

**Course# SFA1** 1 Class NHS Price: \$99  
Wednesday March 24, 2021 6 - 8:30 PM  
Mary Sireci *Certified Instructor, Positively Shocking*

**SECURITY OFFICER LICENSE TRAINING**

*The essential class everyone needs to become a security officer in the State of CT.*

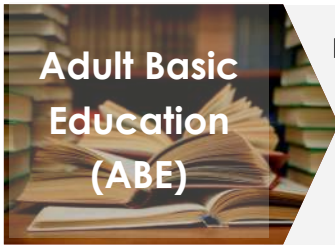
*The essential class everyone needs to become a security officer in the State of CT. Prepare for your Security Guard License.*

This dynamic course covers information about the Security Industry, how to be a Security Officer and job exploration. CT laws pertaining to self-defense, the use of force, and citizen’s arrest will be reviewed. Learn about the use of force continuum, fire safety, the history of security and work place violence, terrorism, communication skills and more. **Upon successful completion of this course, you will be issued a training certificate** required to accompany your license application, to the Connecticut Department of Emergency Services and Public Protection.

**No Discounts Apply**

**Course#** Price: \$139  
**SSO1 Session 1:** NHS 1 Class  
Saturday March 13, 2021  
8 AM - 4 PM (includes test)  
**SSO2 Session 2:** Blended Learning 2 Classes  
Saturday April 24, 2021 8 AM - 3PM (Virtual)  
Monday April 26, 2021 6 - 7 PM (In person Test)  
**SSO3 Session 3:**NHS 2 Classes  
Tuesday Thursday May 11 & 13, 2021  
5:30 - 9:30 PM  
Louis Bonito *LJB Security Training*

Registration, textbooks & materials are **FREE** for *mandated classes*.  
*Must be a Newtown Resident and present a valid ID.*



For adult learners who need basic reading, writing and numeracy skills.

Classes are offered in math and reading.

**ABE classes begin Monday, February 8th**  
*(Evening Classes)*



Prepares students to pursue citizenship through the prescribed Immigration and Naturalization Service process.

- ◆ Valid photo ID, proof of residency, and social security number are required.
- ◆ Registration for all new students includes a placement test. Please plan on a two-hour visit.
- ◆ New Students are encouraged to set up a pre-registration appointment prior to registering.
- ◆ All students will be required to attend a virtual, student orientation.

**For more information visit:**

[www.Danbury.k12.ct.us](http://www.Danbury.k12.ct.us)

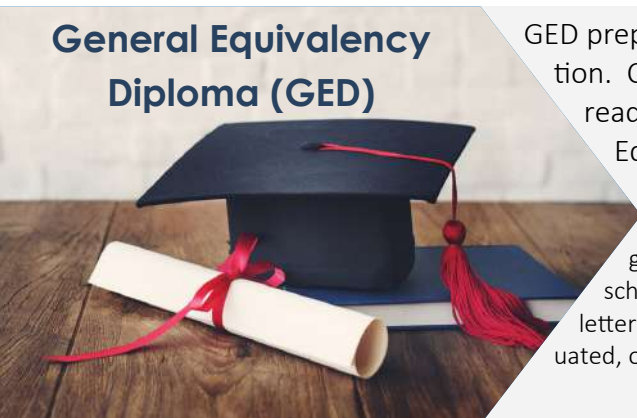
**To Register for classes:**

**Step 1:** Download the *Registration Forms* from the [Danbury.k12.ct.us](http://Danbury.k12.ct.us) website under **Schools > Adult Education/ WERACE**

**Step 2:** Complete the Registration Forms - found online.

**Step 3:** Call (203) 797-4731 to complete your registration.

All students must attend a virtual orientation. Registration is first come, first served. **Register early.**

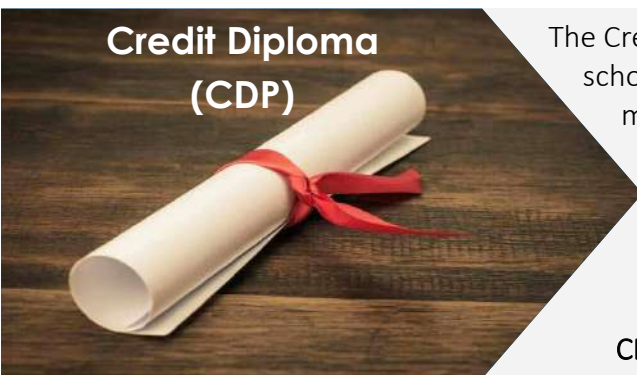


## General Equivalency Diploma (GED)

GED preparation program to help students prepare for the GED examination. Classes prepare students for all sections of the exam with a focus on reading, writing and mathematics. Students may also enroll in Adult Basic Education (ABE) classes then progress to GED classes when ready.

Students who are 17 years old must submit documentation that a parent or guardian has signed them out of a CT high school and that they have been out of school at least six months. Students who are 18 years old must submit an official letter from the last Connecticut high school attended certifying that their class has graduated, or that they have been withdrawn from school for at least 6 months.

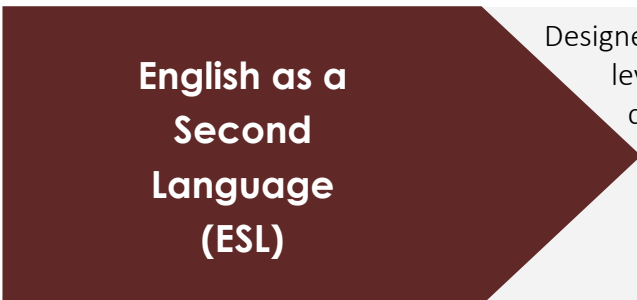
**Begins Monday, February 8th** *(Evening Classes)*



## Credit Diploma (CDP)

The Credit Diploma Program offers students the opportunity to earn a high school diploma through the accumulation of credits. WERACE graduates must earn 23 credits in specific academic and elective areas and may transfer earned credits from other high schools. Students have the opportunity to participate in teacher-facilitated classes, as well as earn credits through online platforms. Credits for work, military experience, job training, or community service may also be awarded.

**CDP classes begin Monday, February 8th** *(Evening & Day Classes)*



## English as a Second Language (ESL)

Designed for adults who have limited English language skills. There are three levels of ESL instruction: Beginning, Intermediate and Advanced. ESL classes help students to improve their listening, speaking, reading and writing skills so they are better able to find employment, become involved with their children's schooling, and make use of community resources.

*(Evening & Daytime Classes)*



*THE NEXT STREET* : The Full Driver's Ed Course typically earns you a discount with your insurance company and you can even add on the option to take the test with The Next Street.

**Need Help with your Permit Test?**

Take the FREE practice test with questions straight from DMV's database. Each time you take the test, you'll get 25 new questions, so keep taking it. If you can take it 3 times, scoring at least an 80%, you're ready for the DMV.

Access the Practice Test:  
[Thenextstreet.com/practice](http://Thenextstreet.com/practice)

**Courses & Enrollment:**

**Safe Driving Course**

**Safe Driving Course:** Price: \$119  
8 Hours of Classroom Instruction

This is an affordable option created just for you. This course meets the state requirements, however, there is a 6 month waiting period for your license. This course typically does not qualify you for an insurance discount and does not include driving lessons (can be purchased separately).

**Add-on to the Safe Driving Course**

**License Testing:**  
**Test at The Next Street:** \$129  
Avoid the DMV completely and take your license test with The Next Street. To qualify for this option you must enroll in the full program OR purchase at least (2) driving lessons for the Safe Driving Course.

**Driving Lessons:** (call for pricing)  
These private driving lessons are (2) hour appointments. Driving lessons are available and protocols to ensure the safety of clients and staff are being taken.



*Safety Protocols are being taken to ensure client and staff safety.*

*Spring 2021 courses are being given over ZOOM.*

**To Review Safety Protocols in Place Visit:**  
[thenextstreet.com/health-safety-protocol](http://thenextstreet.com/health-safety-protocol)

**Full Driver Education Course**

**Full Driver Education Course** (Popular) Price: \$599  
30 Hours of Classroom Instruction & 8 Hours of Private Driving Lessons

This course typically qualifies you for an insurance discount through your insurance company and there is only a 4 month waiting period for your license. This is the most popular course available for HS students.

**Enroll**

**Online:**  
[Thenextstreet.com/newtown](http://Thenextstreet.com/newtown)  
**Call:**  
(860) 631 - 4292

Let them know  
**Newtown Continuing Education** sent you and that you are a Newtown HS student

## SAT PREP COURSE

This 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 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. Pre assessments, assessments and thorough review of exam format will be provided.

\*Courses are subject to change and may need to be given virtually during these times.

|                       |                                      |             |              |
|-----------------------|--------------------------------------|-------------|--------------|
| <b>Course # SSAT1</b> | 16 Classes                           | NHS         | Price: \$250 |
| March 23 - May 25     | (No April 1, 13, 15)                 |             |              |
| Math is on Tuesdays   | English is on Thursdays              | 6 - 7:30 PM |              |
| <b>Course # SSAT2</b> | 8 Classes                            | NHS         | Price: \$250 |
| March 27 - May 22     | (No Class on April 3)                |             |              |
| Math: 8:30 - 10       | English 10 - 11:45 PM (15 min break) |             |              |

## PRINCETON REVIEW

VIRTUAL, LIVE

**SAT 1400+** **May 2021 SAT** **Times Vary**  
 Beginning Saturday March 6 - May 2  
*SAT experts teach the top strategies needed to achieve a 1400 score. This program offers customized homework assignments, 24/7 on-demand tutoring.*

**SAT Ultimate Course** **May 2021 SAT**  
 Beginning Saturday \*View Online **Times Vary**  
*Best suited for honor students, this presents a more challenging review and prep for the SAT.*

**ACT Ultimate Course** **April 2021 ACT** **Times Vary**  
 Beginning Saturday March 20 - Tuesday April 13, 2021  
*This program is Sat, Tue & Thur.*

Private Tutoring Discount Code: *Newtown10%*

Promo Code for full SAT Prep courses: *Newtown25%*

**To Enroll, or for more information please visit:**

Princetonreview.com

## WRITING FOR REACH COLLEGES: SHOW! DON'T TELL!

Learn how to write dynamite college admission essays. This two-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 (please register only one person). Private editing sessions may be arranged for a fee when students complete their essays.

|                     |                    |                |                    |
|---------------------|--------------------|----------------|--------------------|
| <b>Course# SCE1</b> | <b>2 Classes</b>   | <b>Virtual</b> | <b>Price: \$29</b> |
| Tuesday & Thursday  | March 9 & March 11 |                | 7 - 8:30 PM        |
| Susan Berescik      |                    |                |                    |



## LENTZ & LENTZ SAT PREP

VIRTUAL, LIVE

Comprehensive, 8-session SAT prep course designed to prepare college bound students for the SAT. Provides students with the SAT training they need to improve on already existing scores and/or augment the students' scores from their practice PSAT tests.

**The instruction features:** contextual vocabulary practice, suggestions for effective essay writing, grammar simplification, reading interpretation, speed reading improvement techniques, shortcut math, algebra theory II, applicative trigonometry and introductory college math, test-taking skills, time management skills, and tip sheets.

**Tuition includes** SAT course material, live make-ups at our other locations, extra help at no-charge, a live practice SAT test, and review or supplements for missed lessons. SAT practice test-type questions & copyrighted curriculum are used, which are designed to reflect the most recent changes in the format of the SAT for maximum results.

**Virtual Courses:** **Price:** \$415 (Newtown HS rate)

**Weekday Evening May Prep** **Tue & Wed**

Tuesdays English 6 - 7:30 PM  
 March 16, 23, April 6, 13, 20, 27, Testing May 4 \*No class March 30

Wednesdays Math 6 - 7:30 PM  
 March 17, 24, April 7, 14, 21, 28, Testing May 5 \* No class March 31

**Weekend Evening May Prep** **Sundays**

Sundays: English 5:30 - 7 PM Math 7:30 - 9 PM  
 March 14, 21, 28, April 11, 18, 25, Testing, May 2

**Weekend Day May Prep** **Sundays**

Sundays: English 9 - 10:30 AM Math 11 AM - 12:30 PM  
 March 14, 21, 28 April 11, 18, 25, Testing, May 2 \*No class April 4

**Weekday Evening June Prep** **Mon & Tue**

Mondays: English 6 - 7:30 PM  
 April 12, 19, 26 May 3, 10, 17, Testing, May 24

Tuesdays: Math 6 - 7:30 PM  
 April 13, 20, 27, May 4, 11, 18, Testing, May 25

**Weekend Day June Prep** **Saturdays**

Saturdays: English 9 - 10:30 AM Math 11 AM - 12:30 PM  
 April 10, 17, 24, May 1, 8, 15, Testing, May 22

**Weekday Evening August Prep** **Mon & Tue**

Mondays: English 6 - 7:30 PM  
 July 12, 19, 26, Aug. 2, 9, 16, Testing, Aug. 23

Tuesdays: Math 6 - 7:30 PM  
 July 13, 20, 27, Aug. 3, 10, 17, Testing, Aug. 24

**Weekend Day August Prep** **Saturdays**

Saturdays: English 9 - 10:30 AM Math 11 AM - 12:30 PM  
 July 10, 17, 24, 31, Aug. 7, 14, Testing, Aug. 21

**To Enroll or for more information visit:**

lentsatprep.com

**NEW!**  
**Coming**  
**Summer 2021**

# SUMMER SPLASH ACADEMYS

JULY 6  
-  
JULY 29

Give your child the  
**BEST of BOTH**  
worlds.

Providing personalized, small group, academic support and a fun, safe environment to **create, learn explore, and socialize.**

**Summer Splash Weekly Fee:**  
**\$65 Per Week, Per Child**

(This is in addition to the Summer School Fee).

... Splash into  
**Academics, Aquatics and Art**

Our **Newtown Continuing Education Learning Hub** has partnered with **the Newtown Community Center** to bring a summer program that is truly, *Centered Around You.*

After you child's academic support session, you can now opt to have them enjoy their afternoons, filled with enrichment and aquatic activities, at the Newtown Community Center.

The Summer Splash Program runs through 4 p.m., Monday through Thursday, in July. *Enrollment is limited.*

For added convenience, enrollment for the add-on program can be done weekly. Payment Plans and a limited number of Scholarships are available (*Summer School payment arrangements are also available*).

A waiver to have your child walked over to the Community Center by adult staff will need to be signed. We also ask that you provide your child with a brown bag lunch and a snack.



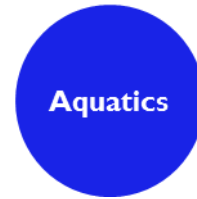
Open to students who are attending a half day, summer support program through **Newtown Summer School** (Mon-Thurs only).



Your student will receive individualized academic support from certified staff, tailored to their personal needs in Math and Reading/ Writing.



Students will enjoy different art activities, led by an art instructor, at the Community Center. .



Students will be given the opportunity to enjoy swim time in the pool. *Lifeguards are on deck at all times.*

Register online, starting in March at: [newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)  
**Questions? P: 203.426.1787 | [newtowncontinuinged.org](http://newtowncontinuinged.org)**



**Si tiene preguntas  
llámenos, hablamos  
español**



For a full listing or to enroll visit:

[Newtown-ce.revtrak.net](http://Newtown-ce.revtrak.net)

Questions?

Call (203) 426-1787

## SUMMER SCHOOL

Does your student need an academic boost, additional support or credit recovery?

We offer a summer program for all different needs. Whether you'd like your student to receive more personalized skill instruction in a certain subject, or if your middle or high school student is needing remedial credits, Newtown Continuing Education offers many summer options through the Summer School program.

This year, we are also introducing the **SUMMER SPLASH ACADEMY**, in partnership with the Newtown Community Center. If your child (K-6) is attending a half-day (*Kindergarten, Learning Connection and or Quest*) program, we now provide the option to head over to the Community Center for the afternoon portion of the day (*for an additional fee*). We take care of walking them over to NCC, where they will enjoy various activities in art and swimming.

**Enrollment begins in March 2021**



## CAMPS

We offer various summer camps to fit the different interests of children.

### SMART (Summer Music & Art)

*An experience like none other, children will enjoy (3) different programs in their camp day, from clay to music, there's an art for every child's interest.*

8:30 am - 1 pm at Head O' Meadow Elementary

Session 1: July 6 - July 16     \$ 319

Session 2: July 19 - July 30     \$ 355

**Outdoor Explorers:** Your child will experience the outdoors by exploring the "backyard."

9 am - 1pm at Sandy Hook Elementary

Session 1: July 6 - July 9 (Tue-Fri)     \$239

Session 2: July 12 - July 16     \$299

Session 3: July 19 - July 23     \$299

Session 4: July 26 - July 30     \$299

**Knit & Chat:** Knitting and craft class designed to teach the creative art of knitting in a non-frustrating way.

June 21 - June 25     9 am - 12 pm     \$230

For a full listing or to enroll visit:

[Newtown-ce.revtrak.net](http://Newtown-ce.revtrak.net)

Enrollment begins February 1, 2021

## INTERNSHIPS

We provide High School students with the opportunity to gain experience working with children in our various summer camps through paid and unpaid internships.

If you are dependable, can commit to the weeks of camp and would like to work with children while modeling leadership and integrity, feel free to reach out for more information.

**Request an application by emailing:**

[continuinged@newtown.k12.ct.us](mailto:continuinged@newtown.k12.ct.us)

Interviews are required and limited positions are available.

**Cancellations:** In order to provide the best program possible, we need a commitment at least two weeks prior to your scheduled class. Refunds will not be given without two weeks' notice.

### Refund Policy:

- A \$15 processing fee is assessed to all refunds. Refunds are issued with two weeks' notice.
- Cancellations accompanied by a doctor's note will be considered. Please contact us as soon as possible.

**Email:** [continuinged@newtown.k12.ct.us](mailto:continuinged@newtown.k12.ct.us)

(Please be sure to review our procedures for Make Up Classes).

**Discounts:** The Senior Discount and Early Registration Discount may not be combined, and are for use on select programs. *Discounts do not apply to Ed2Go online classes, Driver's Ed, SAT Prep Courses, or Bus Trips.*

### Fees:

- A \$15 fee will be assessed for any and all cancellations, regardless of reason.
- Returned checks are subject to a \$10 charge.

**Make Up Classes:** Make up classes will be offered, either in-person or virtually, depending on circumstance. Neither refunds, credits, nor prorations will be given for your absence in a make-up class; regardless of reason.

### Arrival for Programs:

- Please arrive no earlier than 10 minutes prior to your scheduled class. Should you arrive earlier; please wait in your car.
- There is no on-site registration, please pre-register online or via phone.
- Please do not wander the building.

### Age Requirements:

- Most classes are open to students ages 16 and older, unless otherwise noted.
- Bus Trips are offered to anyone over 14 years of age, unless otherwise noted or with special permission from NCE.
- Currently, State of Connecticut Guidelines suggest individuals over the age of [65] or with other health conditions should continue to stay home and stay safe. Please consult with your primary care physician if you have any concerns.

### Web Courses:

- You are to provide your own device. All Newtown Board of Education policies should be complied with while attending online courses.
- Materials will not be provided, unless specified.
- If you are asked to leave due to inappropriate behavior, neither a credit nor refund will be issued.

**COVID-19 Response:** *We take the safety of our participants and staff seriously. We have implemented safety guidelines and cleaning procedures in response to the COVID-19 circumstance. Please take a moment to review.*

**Face Coverings:** All instructors and participants are required to wear and supply their own facemask or other cloth face covering that completely covers the nose and mouth, unless doing so would be contrary to his or her health or safety due to medical conditions, for which a medical note for exemption will be required in advance of attending a program. Neither credits, nor refunds will be issued for classes missed due to not having a face covering.

**Maximum Class Size:** All in-person classes will be limited to 10 students or less, and one instructor.

**Visitors:** Visitors will not be permitted in the building. Only those that have **pre-registered** for a program will be given admittance into the building.

## School Closings & Policies

### Weather Related:

- If day time classes are cancelled because of inclement weather, there will be NO evening classes.
- WLAD Danbury 800, FM WDAQ 98.3, FM WEZN 99.9 and WTNH News Channel 8 broadcast school closings.
- Our **Facebook Page:** *Newtown Continuing Education* is updated with closures.

### Extenuating Circumstances:

- If schools are closed to the public at the discretion of the Board of Education or State of Connecticut, make up classes *will be* given. At times make up classes will be given virtually or in a blended learning style (computer, PSAT/SAT, Mind and Body, Personal Development, Communication, Photography, History, Driver's Ed, and crafting classes, etc.).
- We are not responsible to provide devices to attend virtual classes, some instruction will be given on access to the virtual "classroom," through Zoom or Google Meet, prior to your scheduled class. For seminars, you can join in via phone if another device is not available.
- Bus excursions are subject to cancellation, and will be at the discretion of Friendship Tours or any of their participants. *Refunds for bus trips will be on a case-by-case basis.*

### Smoking & Board of Education

**Policies:** All public school buildings and grounds are non-smoking areas, per policy of the Newtown Board of Education. This policy also applies to virtual courses. Participants are expected to adhere to all District policies, regardless of whether they are attending programs in-person or virtually; with the exception of wearing a mask and social distancing for virtual programs.

**Non Discrimination Policy:** 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.

*We appreciate your continuous support, understanding and cooperation during these unprecedented times.*

Full Name:

Address:

City

State

Zip

Email:

Phone#:

Alt. Phone#:

Date of Birth (MM/DD/YY):

*\*Save a Stamp! Register Online at:  
[newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)*

**Course Registration :**

Course#/Name:

Fee:

Course#/Name:

Fee:

Course#/Name:

Fee:

Course#/Name:

Fee:

Course#/Name:

Fee:

*(Be sure to take your discount)*

**Grand Total: \$**

*(Amount to be charged)*

Payment Information: Payment Method: Credit Card (Visa/MasterCard/Amex/Discover) or Check

Credit Card Number: \_\_\_\_\_

CVV: \_\_\_\_\_ Exp.: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Checks Payable to: Newtown Continuing Education

Mailed to: 12 Berkshire Rd. Sandy Hook, CT 06482

**Send in Your Registration:**

Email: [continuinged@newtown.k12.ct.us](mailto:continuinged@newtown.k12.ct.us)

Fax: (203) 426-1787

Mail: 12 Berkshire Rd. Sandy Hook, CT 06482



You will receive an **email confirmation** once your payment and registration are processed. Be sure to add your class to your calendar!



Listings are updated  
Regularly.

Online Webstore:

[Newtown-ce.revtrak.net](http://Newtown-ce.revtrak.net)



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

## Postal Customer



# Summer Camp's

Enrollment begins Feb. 2, 2021

### Newtown Summer School & Academic Programs:

Newtown Summer School - K-12

*Summer Splash Academy* - K-6

Learning Connection (2-6) - Quest (5 & 6) - MS - HS

### Newtown Summer Camps:

SMART (Summer Music and Art Camp) - K-6

Knit and Chat - Ages 7 to 12

Outdoor Explorer Camp—exiting grades K-4

& More ... Lookout for the summer brochure

To view a full listing or to register visit: [newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)

## Summer Brochure

Coming April 2021



**Newtown Continuing Education**

Located in Newtown High School

12 Berkshire Road | Sandy Hook, CT | 06482

Phone/Fax: (203) 426-1787