

Newtown

2023



Spring Brochure

Continuing Education

Your Lifelong Learning Hub

Discounts End: Feb 24, 2023
25% Off Ages 62+
10% Off Early Reg

FEBRUARY

27

SPRING
PROGRAMS BEGIN

New Courses

Fencing

Running 101

Zentangle

Skills for Success

Photo Retouching for Beginners

Foundations to Financials & More

- Classes are taught by Professionals.
- Most classes take place at Newtown High School. Please see individual listings.

WERACE - Danbury
ESL Classes
ABE, CDP, GED Classes
Citizenship Classes
... More info inside

Join us for Classes in:

Dance
Fitness
Photography
Computer Skills
Future & Financial Planning
Gardening & More

Register Online: newtown-ce.revtrak.net
P: 203.270.6190 | newtowncontinuinged.org



Newtown High School
12 Berkshire Road
Sandy Hook, CT 06482

Online Registration: www.newtown-ce.revtrak.net

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

By Phone: (203) 270-6190

HABLAMOS ESPAÑOL

Tel: (203) 270-6190

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

CONTACT INFORMATION

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) 270-6190 Email: ContinuingEd@newtown.k12.ct.us

Give us a Like on Facebook!

[@Newtown Continuing Education](#)



Ed 2 Go (ONLINE COURSES)

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 for Ed 2 Go courses do not apply.

Explore Advanced Career Training/ Certification Catalog:

www.careertraining.ed2go.com/newtown/

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

Explore the Personal Skill Development Online Catalog:

www.ed2go.com/newtown/

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

Courses In:

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



DISCOVER SIGN LANGUAGE

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression.

6 Weeks Access / 24 Course Hrs
Classes starting Monthly
Instructor Led Course: \$96

ACCOUNTING FUNDAMENTALS SERIES

Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, the courses in this bundle will give you a solid foundation in financial matters. If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

48 Course Hrs
Classes Starting Monthly
Instructor Led Course: \$160

INSTANT ITALIAN

Learn to express yourself comfortably in Italian. You'll be surprised how quickly and easily you are able to learn Italian in this course, which provides knowledge of practical, everyday words and phrases you are likely to hear if you vacation in Italy.

6 Weeks Access / 24 Course Hrs
Classes Starting Monthly
Instructor Led Course: \$96

Visit Ed2Go online for a full list of courses.

Art Classes	Pg. 3 & 4	Gardening Classes	Pg. 16	Photo Retouching	Pg. 4
Bachata Dancing	Pg. 9	Genealogy	Pg. 8	Photography Classes	Pg. 4
Belly Dance Blast	Pg. 9	Gmail	Pg. 6	Photography Bootcamp	Pg. 4
Buff Bones Pilates	Pg. 12	History Classes	Pg. 8	Registration Form	Pg. 22
Bus Trips	Pg. 1	Houseplants 101	Pg. 16	Reiki	Pg. 10
Canning 101	Pg. 16	Instant Guitar	Pg. 15	Running 101	Pg. 12
Cartooning	Pg. 3	Instant Piano	Pg. 15	Safe Boating Course Info	Pg. 7
Chakradance	Pg. 10	Intro to Tai Chi Easy	Pg. 12	SAT Prep	Pg. 17 & 18
College Bound	Pg. 16	Intro to Voiceovers	Pg. 15	Security Officer Training	Pg. 7
Computer Skill Courses	Pg. 5 & 6	Knitting Classes	Pg. 4	Shift to Clarity for Success	Pg. 11
Country Western Line Dancing	Pg. 9	LaBlast Fitness	Pg. 9	Simply Stretch	Pg. 12
Dance Classes	Pg. 9	Maximize Your Health Ins. Workshop	Pg. 14	Skills for Success	Pg. 11
Driver's Education Info	Pg. 18	Medicare Basics	Pg. 14	Summer 2023 Info	Pg. 19
Ed2Go Online Course Info	Pg. 1	Mind & Body Classes	Pg. 10	The Next Street	Pg. 18
Estate Planning	Pg. 13	Music & Media	Pg. 15	Throwing on the Potters Wheel	Pg. 3
Excel	Pg. 5	Myofascial Release & Mindfulness	Pg. 10	Tools for Transformation	Pg. 11
Extreme Sports & Certifications	Pg. 7	Numerology	Pg. 10	Women & Wealth: Empowering Women....	Pg. 14
Fencing	Pg. 7	Pastel Workshop	Pg. 3	Word	Pg. 5
Foundations to Financials	Pg. 13	Personal Growth Classes	Pg. 11	Yoga	Pg. 12
Future & Financial Planning	Pg. 13 & 14	Personal Wellness Classes	Pg. 10		

BUS TRIPS

Visit our online website for a full listing & updated estimate arrivals/departure times:
Newtown-ce.revtrak.net **Discounts do not apply to bus trips.*

A TASTE OF ITALIAN NEW YORK

Here's your chance to visit 3 New York Food 'Hot Spots', all in one fun day! We will stop at 3 locations which include: Zabar's Upper West Side Gourmet Market, Arthur Avenue in the Bronx and lunch at Carmines Upper West Side. Shop and bring home your Italian food favorites!

Course# S23TNY **Price:** \$139
 Saturday May 20, 2023
Departure: TBA **Estimated Return:** TBA

LOCKS AND LUNCH CRUISE

Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. *Enjoy a complete hot and cold buffet with onboard entertainment as you sail along.*

Course# S23LLC **Price:** \$130
 Saturday June 24, 2023
Departure: TBA **Estimated Return:** TBA

LIGHTHOUSE CRUISE ON THE NARRAGANSETT BAY

Cruise aboard a beautiful catamaran, including an outside sun deck and 3 viewing levels. Enjoy a 90 minute narrated cruise of the Narragansett Bay. You will see 10 famous lighthouses, 10 incredible islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base, and see Newport Harbors' fascinating waterfront. *Prior to the cruise you will enjoy a brunch at Quonset 'O' Club.* Following your cruise you will visit Olde Mistick Village.

Course# S23NBC **Price:** \$140
 Wednesday July 12, 2023
Departure: TBA **Estimated Return:** TBA

Please Consider Prior to Booking:

Friendship Tours makes every effort to provide the trip as written. We are not responsible for any changes made in the arrangements (departure locations) or delays.

- « **All Trips are non-refundable, but may be transferrable with sufficient notice (30 Days).**
- « **Listed departure times are approximate.**
- « **All trips must be booked 2 weeks in advance of departure date.**
- « **Please check all state requirements prior to traveling to ensure you are up to date. Refunds for non-compliance cannot be given without 30 days notice.**
- « **Once booked, if there is any change in the itinerary, we will notify you via email.**

PASTEL WORKSHOP

During this workshop we will learn techniques of working with pastel to establish solid composition and values from the very beginning. Learn how this technique can help you avoid getting “stuck in the middle of your painting,” by building on this foundation and following it through. Please bring 5 or 6 landscape photos that you have taken yourself. These can be prints or you can use your iPad. (Stay away from magazine clippings, photos from the internet, or photos taken by other people.) Please see the materials list for this workshop online. *No Discounts Apply.*

Course# S23PW1 9 AM - 12 PM NHS 1 Class **Price: \$75**
 Saturday Mar 11, 2023
 Jane Penfield, *Artist*

STENCILED RUSTIC SIGN MAKING

Stenciled sign making is the new rage in the art world. In this workshop you will get to pick your own wood slab (supplied). Then, you will stain or whitewash your piece. Choose from the hundreds of stencil choices that will be available, and select your paint colors. At the end, you will go home with a finished sign. Most signs are approximately 14 x 18 inches. Each will have a rope hanger. Beginner to advanced levels. All supplies are included. *A \$25 dollar supply fee payable to the instructor at the first class (Check or cash). No Discounts Apply.*

Course# S23RS1 6 - 9 PM NHS 1 Class **Price: \$20**
 Thursday Apr 20, 2023
 Kothy Hafersat

THROWING ON THE POTTERS WHEEL

Welcome to my home studio! Students will get an opportunity to throw on the wheel, trim and glaze their pieces. The instruction will be catered to suit the skill level and interest of each student. All materials are included. *Limited space is available. No Discounts Apply.*

Course# S23PT1 6:30 - 8:30 PM 5 Classes **Price: \$215**
 Tuesdays Feb 28, Mar 7, 14, 21, 28, 2023
 Roberta Ahuja, *Roberta Ahuja Studio (1 Great Ring Rd. Sandy Hook)*

REGISTER ONLINE: NEWTOWN-CE.REVTRAK.NET
CONTACT US: (203) 270-6190

**CARTOONING**

Various styles of cartooning are welcome in this exciting course. Emphasis will be placed on the development of original characters and the universes they inhabit. The fundamentals of general art techniques, character development, and storytelling with emphasis on narrative art techniques, penciling, inking, lettering, and coloring (both traditionally and digitally), are the foundations of this class. It is recommended that participants have a sketchbook to work in regularly outside of class. *Up to a 25% Discount Applies.*

Course# S23AC1 6 - 7:15 PM NHS 6 Classes **Price: \$99**
 Tuesdays Mar 7, 14, 21, 28, Apr 4, 18, 2023 *No 4/11
 Mike Obre, *Certified Art Instructor*

ZENTANGLE

Zentangle is an art method that is used for relaxing and focus. The first class will begin with the basics, using one stroke at a time. In the four-weeks we will build on the confidence and skills needed. Each section will be worked on individually. You do not have to have any drawing ability, the class is open to all levels of artists. Work sheets are given for each section so you can continue to practice. You will receive a supply packet with all of the supplies needed for all four classes. *There is a \$21 dollar supply fee payable to the instructor at the first class (Check or cash). No Discounts Apply.*

Course# S23Z1 6 - 8 PM NHS 4 Classes **Price: \$55**
 Tuesdays Mar 14, 21, 28, Apr 4, 2023
 Kothy Hafersat

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 are discussed in class. Advanced projects available, as well as students can bring independent projects for help and instruction, as well.

Apply a 10% Discount.

Course# Teen Center 8 Classes **Price:** \$135
S23KI1: Wednesdays 12:15 - 1:15 PM
 Mar 29, Apr 5, 19, 26, May 3, 10, 17, 24, 2023 *No 4/12
S23KI2: Thursdays 6:45 - 7:45 PM
 Mar 30, Apr 6, 20, 27, May 4, 11, 18, 25, 2023 *No 4/13
 Nicole Christensen, Teen Center (53 Church Hill Rd)

ADULT KNITTING CIRCLE: BEGINNER

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 Joanns, Michaels, or Amazon) of their choice, and US size 13, or 15 knitting needles to start.

Apply a 10% Discount.

Course# Teen Center 8 Classes **Price:** \$135
S23KB1: Wednesdays 11 AM - 12 PM
 Mar 29, Apr 5, 19, 26, May 3, 10, 17, 24, 2023 *No 4/12
S23KB2: Wednesdays 6:45 - 7:45 PM
 Mar 29, Apr 5, 19, 26, May 3, 10, 17, 24, 2023 *No 4/12
 Nicole Christensen, Teen Center (53 Church Hill Rd)

PHOTO RETOUCHING FOR BEGINNERS

For Photoshop and similar programs

Participants will learn how to use retouching tools such as those in Photoshop, how to retouch and color correct photographic images, and how to take advantage of adjustment layers and to use retouching tools efficiently. Participants DO NOT need Photoshop to participate. For the workshop, we will use a free, web-based retouching program that is essentially identical to Photoshop. *Apply a 10% Discount.*

Course# S23PR1 6 - 8 PM NHS 1 Class **Price:** \$55
 Thursday May 11, 2023
 Mike Obre, *Certified Instructor*

PHOTOGRAPHY BOOTCAMP FOR BEGINNERS

Do you have a digital camera that you have no idea how to use on any setting other than auto? Then THIS CLASS IS FOR YOU! In one session, learn how to shoot on manual mode to unleash the camera's potential and your artistic control. This action-packed workshop covers W/B, ISO, Aperture (f-stop), and Shutter Speed, and how they work together under your control to get the artful shots that you want. Participants should bring a DSLR camera to class with a fully charged battery and memory card. *A Nikon D5200 camera will be provided for participants without a DSLR for each class session.* *Apply a 10% Discount.*

Course# S23PB1 6 - 8 PM NHS 1 Class **Price:** \$55
 Thursday Apr 27, 2023
 Mike Obre, *Certified Instructor*





EXPLORING WORD

This class will enhance your knowledge of the ever-popular Microsoft Word. We will discuss how to navigate around your document and various editing techniques. We will cover formatting extensively, including font formatting, paragraph formatting, and page formatting. Additionally, we will cover spell checking, thesaurus, and more. Join us and start using Word even more effectively.

Up to a 25% Discount Applies.

Course# S23EW 6:30 - 8:30 PM NHS 2 Classes **Price:** \$99
Mondays Mar 6 & Mar 13, 2023
Mike Ingber, *Upward Business Systems*

EXPLORING EXCEL

Spreadsheets are all about working with rows and columns of information, and Microsoft Excel is the spreadsheet most used by businesses, students, and home-users. In this class we will first review the important fundamentals of using Excel. We will discuss how to enter and edit data in a spreadsheet and how to format your spreadsheet. We will review using formulas to do common calculations and how to use Excel's versatile, built-in functions. Join us and enrich your experience using Microsoft Excel. *Up to a 25% Discount Applies.*

Course# S23EE 6:30 - 8:30 PM NHS 2 Classes **Price:** \$99
Thursdays Mar 2 & Mar 9, 2023
Mike Ingber, *Upward Business Systems*

ADVANCED EXCEL

This class covers additional important features of Microsoft Excel. We will discuss: working with dates, sorting your data, filtering, validation techniques, scenarios, filling cells efficiently, conditional formatting, printing options, protection, and more. We will also continue exploring Excel's extensive built-in functions. Some prior knowledge of Excel is expected for this class. *Up to a 25% Discount Applies.*

Course# S23AE 6:30 - 8:30 PM NHS 2 Classes **Price:** \$99
Thursdays Mar 30 & Apr 6, 2023
Mike Ingber, *Upward Business Systems*

EXPLORING POWERPOINT

This hands-on session covers some PowerPoint basics and moves into more advanced features. A review of the basics: adding slides, layouts, choosing a presentation design and color scheme; as well as adding text and bullet-lists will be touched on as we move into the more advanced features: slide transitions, animation, presentation print options, adding SmartArt, pictures and shapes and more to help you create dynamic PowerPoint presentations. *Up to a 25% Discount Applies.*

Course# S23EPP 6:30 - 8:30 PM NHS 2 Classes **Price:** \$99
Thursdays May 11 & May 18, 2023
Mike Ingber, *Upward Business Systems*

UTILIZING GRAPHICS IN MICROSOFT OFFICE (Word, Excel, PowerPoint)

So you've been using Word, Excel, and PowerPoint for a while, and feel pretty comfortable with many common features; but what about adding graphics to your documents in any of these popular programs? Pictures, Shapes, WordArt, 3D Models, and SmartArt all add some real style and flair! Working with graphics is not only a useful skill, but can also be fun and creative. Join us for this class, and really enhance your documents. Prior experience with Word, or Excel, or PowerPoint is suggested. *Up to a 25% Discount Applies.*

Course# S23MOFC 6:30 - 8:30 PM NHS 1 Class **Price:** \$45
Thursday Apr 20, 2023
Mike Ingber, *Upward Business Systems*

REGISTER ONLINE:

NEWTOWN-CE.REVTRAK.NET

CONTACT Us:

(203) 270-6190

USING MAIL MERGE WITH WORD & EXCEL

Mail Merge is an advanced and valuable feature offered in Microsoft Word. Create letter templates, mailing labels and envelopes for many recipients using Mail Merge. Mail Merge can be used independently in Word or in combination with Excel. Learn how to merge the two! This class assumes some experience with both Word and Excel.

Up to a 25% Discount Applies.

Course# S23MM 6:30 - 8:30 PM NHS 1 Class **Price: \$45**
Thursday Apr 27, 2023
Mike Ingber, *Upward Business Systems*

EXPLORING GMAIL

This class presents an overview of the popular email application, Gmail (Google Mail). Important Gmail basics, such as sending, receiving, replying, forwarding, and different views, as well as printing will be reviewed. We will also delve into the interesting capabilities of Gmail, such as Labels, Categories, Themes, Signatures, Vacation Response, etc. No prior Gmail experience is necessary, but having a free Gmail account is helpful.

Up to a 25% Discount Applies.

Course# S23GM 6:30 - 8:30 PM NHS 1 Class **Price: \$45**
Monday Apr 24, 2023
Mike Ingber, *Upward Business Systems*

GOOGLE DOCS & SHEETS

Expand your knowledge of these (2) cloud-based programs. Google offers free versions of Word Processing (Google Docs) and Spreadsheet capability (Google Sheets). This class will cover how to use both of these programs, as well as how to share and collaborate with others while using the programs.

Up to a 25% Discount Applies.

Course# S23GDS 6:30 - 8:30 PM NHS 1 Class **Price: \$45**
Monday May 1, 2023
Mike Ingber, *Upward Business Systems*

USING & MAINTAINING GOOGLE CHROME

Internet Browsers let us enjoy the wealth of content available on the Internet. The leading internet browser in the world is *Google Chrome*. The class will review important Google Chrome features, including: browser tabs, bookmarks, history, setting a homepage, incognito mode, hyperlinks, and more. Maintenance and safety features of Chrome, such as: clearing browser data, cookies, extensions, pop-up blocker, and safety check will also be reviewed. Get the most out of Google Chrome!

Up to a 25% Discount Applies.

Course# S23GC 6:30 - 8:30 PM NHS 2 Classes **Price: \$99**
Monday Apr 17, 2023
Mike Ingber, *Upward Business Systems*



COMPUTER ACCESS:

For each computer course participants **will be provided with a desktop computer** to use in class, along with a login for access. All computer classes take place at **Newtown High School**.

EXTREME SPORTS & CERTIFICATION COURSES

FENCING

Fencers of all experience levels are welcome to attend. First time fencing? That's great! We'll jump start you with all the skills you need to get out there and have at it! Are you a more experienced fencer? Come and enjoy refining skills and enjoy the art of fencing with others who share the same interest. Fencers will engage in physical training, mobility, fencing footwork, bladework, tactical drilling and free-fencing as a group. All equipment is provided for those joining in. Tom, will bring over 40 years of experience and is licensed by the United States Fencing Coaches Association and is a Prevot d'Arms in saber, foil and epee.

No Discounts Apply.

Course# S23FEN 6 Classes 6 - 7 PM NHS **Price:** \$210
Mondays Feb 27, Mar 6, 13, 20, 27, Apr 3, 2023
Tom, *Candlewood Fencing*



SAFE BOATING

Complete your 8-hour Safe Boating course. Upon successful completion of the course, apply for your Connecticut Safe Boating Certificate and Certificate of Personal Watercraft Operation (Boat and Jetski License) to operate BOTH boats and PWC/Jetski with Waterski Endorsement. All virtual classes/testing are done via zoom and are proctored by a DEEP instructor. In-person options are also available. Don't forget to use our discount code for a 10% discount on available courses. Visit the link below to view all offerings, to complete the online registration and to get on your way to getting the certification needed to safely operate on the water this summer!



Link to View Classes/Register: **Price:** \$75-\$80 *Prices Vary*

<https://safeboatingamerica.com/?ref=newtown>

10% Off Coupon Code: NEWTOWN

**Discounts cannot be combined.*

*Please review **Safe Boating of America's Policies** prior to registering:*

<https://safeboatingamerica.com/booking-refund-policies/>

SECURITY OFFICER TRAINING COURSE

Hybrid & In Person Class Available

The essential class needed to become a security officer in the State of CT. Prepare for your Security Guard License with this course. 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# S23SG2 2 Classes Hybrid- Online & NHS **Price:** \$125
Saturday May 13, 2023 8 AM - 2:30 PM (Online) &
Monday May 15, 2023 6 - 7 PM at NHS

Course# S23SG1 2 Classes 5:45 - 9:45 PM NHS **Price:** \$125
Tuesday, Mar 21 & Thursday, Mar 23, 2023

Lou Bonito, *LJB Security Training, LLC*

REGISTER ONLINE: **NEWTOWN-CE.REVTRAK.NET**
CONTACT US: **(203) 270-6190**

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. A computer will be provided during the class, however you can bring your own tablet or laptop to this class. This class is designed for those just beginning their ancestral research. *No discounts apply.*

Course # S23RRI 6 - 8 PM NHS 1 Class **Price:** \$45
 Thursday Mar 9, 2023
 Sarah Miller, *Genealogist*

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. Sarah will also discuss strategies to feel confident in sourcing your research. Please bring any family documents and information you have. A computer will be provided during class, though you may bring a tablet or laptop for guided research time. *No discounts apply.*

Course# S23RR 6 - 8 PM NHS 1 Class **Price:** \$45
 Tuesday Apr 18, 2023
 Sarah Miller, *Genealogist*

THE FILMS AND CAREER OF STEVEN SPIELBERG

A vivid imagination and a tremendous body of films, give this wonderful director, producer and story writer the skills that have produced some of the best films of the last century and beyond. Steven Spielberg has produced some of the American Film Industries most memorable films over the last 50 years. Join me as we learn the story of this gifted and interesting Hollywood film legend. *Up to a 25% Discount Applies.*

Course# S23H3 6:30 - 8:30 PM NHS 1 Class **Price:** \$44
 Thursday Apr 20, 2023
 Leon DiMartino

CONTINENTAL SPIES OF THE AMERICAN REVOLUTIONARY WAR

Spying was an active part of the Military strategy of war, and it required some very interesting and daring individuals to perform these often dangerous and life threatening activities. Join me as we learn the story of those who spied for the American Cause during the Revolutionary War. *Up to a 25% Discount Applies.*

Course# S23H1 6:30 - 8:30 PM NHS 1 Class **Price:** \$44
 Monday Mar 20, 2023
 Leon DiMartino

THE LIFE AND TIMES OF NIKOLA TESLA

Often forgotten is the story of Nikola Tesla. An inventor and developer of some of the more interesting technologies of modern times. Join me as we learn the Story of Tesla and his relationships with people such as Thomas Edison and George Westinghouse among others. *Up to a 25% Discount Applies.*

Course# S23H4 6:30 - 8:30 PM NHS 1 Class **Price:** \$44
 Wednesday May 10, 2023
 Leon DiMartino

THE LIFE AND TIMES OF ALEXANDER HAMILTON

Alexander Hamilton, one of our more interesting and controversial figures in American History and a founder of our Nation. Join me as we learn the story behind this historical figure and his influence on American History. *Up to a 25% Discount Applies.*

Course# S23H2 6:30 - 8:30 PM NHS 1 Class **Price:** \$44
 Tuesday Apr 4, 2023
 Leon DiMartino



BELLY DANCE BLAST

Strengthen your core and sculpt your belly, arms and legs while learning the basics of the artistic, Middle Eastern Belly Dance! Basic choreography will be mixed with Pop and traditional Middle Eastern music to have you dancing away the calories. Beautiful hip scarves and silk veils provided or you can bring your own. Workout clothes and a refillable water bottle are recommended.

Apply a 10% Discount.

Course# S23BD1 6:30 - 7:30 PM NHS 6 Classes **Price:** \$65
Tuesdays Feb 28, Mar 7, 14, 21, 28, Apr 4, 2023
Suzanne Candee

COUNTRY WESTERN LINE DANCING: Beginner

Learn four to five classic country western dances. No partner or dance experience needed. Fun and simple instruction for all. This is great cardio exercise! Once you get moving you may not be able to stop! Dance all the dances that you have learned the last week. Comfortable clothing and flat dance shoes recommended.

Apply a 10% Discount.

Course# 6:30 - 7:25 PM NHS 5 Classes **Price:** \$89
S23BLD1: Tuesdays Feb 28, Mar 7, 14, 21, 28, 2023
S23BLD2: Tuesdays Apr 18, 25, May 2, 9, 16, 2023
Cheryl Carpio

COUNTRY WESTERN LINE DANCING: Intermediate

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.

Apply a 10% Discount.

Course# 7:30 - 8:25 PM NHS 5 Classes **Price:** \$89
S23LD1: Tuesdays Feb 28, Mar 7, 14, 21, 28, 2023
S23LD2: Tuesdays Apr 18, 25, May 2, 9, 16, 2023
Cheryl Carpio

BACHATA (BEG/ADV BEG)

Bachata is a Latin dance which originated in the Dominican Republic & is now danced all over the world. Rapidly becoming a "must-know" Latin dance, Bachata is lots of fun and easy to learn! In these classes we will cover partner-work patterns with new steps taught each week. Meet new people, release daily stress and hit the dance floor with comfort and ease. Attend either session or both. Couples or singles welcome. *No Discounts Apply.*

Course#
S23BA1: Fridays 6 - 6:45 PM 5 Classes **Price:** \$75
Mar 3, 10, 17, 24, 31, 2023
S23BA2: Fridays 6 - 6:45 PM 3 Classes **Price:** \$45
Apr 7, 21, 28, 2023 *No 4/14
Deb Linley, *Vitti's Dance Studio (10 Precision Rd. (2nd Fl), Danbury)*

LABLAST FITNESS

LaBlast is a dance fitness program based on the ballroom & Latin dances you see on "Dancing with the Stars." A perfect balance of dance and fitness, LaBlast inspires the mind and transforms the body. Fun & energizing, you'll dance to music from every artist, genre, and era! A partner-free, safe, ballroom dance workout for everyBody, come learn the skill of dance while blasting away calories. Beginners are encouraged to attend! *Wear sneakers and bring light hand weights if you have them. *No Discounts Apply.*

Course#

S23LA1: Thursdays 6 - 6:45 PM 5 Classes **Price:** \$60
Mar 2, 9, 16, 23 & 30, 2023
S23LA2: Thursdays 6 - 6:45 PM 4 Classes **Price:** \$48
Apr 6, 13, 20 & 27, 2023

Denise Nethercott, *Vitti's Dance Studio (10 Precision Rd. (2nd Fl), Danbury)*

RHYTHMS

Fun-fit light cardio. Review of basic dance rhythms. No partner needed. Learn Dance Choreography for week 1, Salsa for week 2, Samba for week 3, Jazz for week 4, Jive for week 5 and also learn Cha-Cha! *Apply a 10% Discount.*

Course# 8:30 - 9:25 PM NHS 5 Classes **Price:** \$89
S23R1: Tuesdays Feb 28, Mar 7, 14, 21, 28, 2023
S23R2: Tuesdays Apr 18, 25, May 2, 9, 16, 2023
Cheryl Carpio

HUSTLE (ADV BEGINNER)

An American dance which originated in the 70s; Hustle is a fun & exciting party/club dance which is danced to a variety of club and contemporary music. If you're looking for a partner dance that is flashy & dynamic, this is the one! In this class we will cover inside & outside turn patterns, cross body leads, cradles, loops and more! Couples or singles welcome. Basic hustle knowledge recommended to attend.

No Discounts Apply.

Course# S23HU1 7 - 7:45 PM 6 Classes **Price:** \$90
Tuesdays Mar 7, 14, 21, Apr 4, 11, 18, 2023 *No 3/28
Deb Linley, *Vitti's Dance Studio (10 Precision Rd. (2nd Fl), Danbury)*

HUSTLE (Intermediate)

This class goes beyond the basics with steps such as the New Yorker, grapevine, wraps, double & 4 count turns and more! Students must know the 3-count rhythm, cross body lead and well as 1 1/2 side & outside turns to attend. Attend either session or both.

No Discounts Apply.

Course#
S23HS1: Thursdays 8 - 8:45 PM 5 Classes **Price:** \$75
Mar 2, 9, 16, 23, 30, 2023
S23HS2: Thursdays 8 - 8:45 PM 4 Classes **Price:** \$60
Apr 6, 13, 20, 27, 2023
Deb Linley, *Vitti's Dance Studio (10 Precision Rd. (2nd Fl), Danbury)*

NUMEROLOGY

Gain instant insight into the disposition of acquaintances, co-workers, your beloved friends, and family. Learn to calculate personality and forecast numbers revealed by birth name and date using simple addition. Ideal for supervisors, teachers, therapists, police officers, personal trainers, retailers, parents, speed daters, and anyone wanting to understand and relate to people better. Numerology is an ancient metaphysical science that reveals the blueprint of every human being's life and is still one of the most accurate and powerful self-help tools available today. Go home with resources that expose your daily relationship with numbers. *No Discounts Apply.*

Course# S23IN1 6 - 7:30 PM NHS 1 Class **Price: \$39**
 Thursday Mar 2, 2023
 Audra Mace

MYOFASCIAL RELEASE & MINDFULNESS SERIES

Come and experience guided, mindfulness-based, stress-reduction meditations with guided Myofascial Release techniques. Learn about Myofascial Release and experience it firsthand. Myofascial Release is a manual therapy that helps reduce pain related to chronic and acute pain from injuries, surgery, poor posture, stress and/or tension. Learn basic information on managing daily stressors and anxieties using the techniques learned while also learning different styles of meditation. *Please consult with your physician before following the guided Myofascial Release therapy and or if there are any concerns about physical limitations. Apply a 10% Discount.*

Course# S23MM1 6 - 7 PM NHS 5 Classes **Price: \$65**
 Wednesdays Mar 1, 8, 15, 22, 29, 2023
 Stephanie L Besson, LMT, *The Mindful Myofascial Release Therapist*

INTRODUCTION TO THE FIVE TIBETANS

Stem the aging process by mastering five vital, dynamic, and continuously moving yoga-like exercises practiced by Tibetan lamas for generations. Explore the treasure of deep breathing, kundalini and YogaNidra meditation. Rhapsodize as the "fountain of youth," fully integrating these moving and meditation practices into your daily life offer profound and lasting increases in stretch, energy and mental alertness. *Bring a Yoga mat. No Discounts Apply.*

Course# S23FT1 7 - 8:15 PM NHS 1 Class **Price: \$29**
 Thursday Mar 30, 2023
 Audra Mace

THE FIVE ELEMENTS OF CHINESE MEDICINE

All about Chi, Yin/Yang, the meridians and the five elements of Chinese Medicine, with applications to daily living, plus acupressure points for health and wellness. *Up to a 25% Discount Applies.*

Course# S23CM1 6 - 7:30 PM NHS 6 Classes **Price: \$115**
 Mondays Mar 27, Apr 3, 17, 24, May 1, 8, 2023 *No 4/10
 Dr. Michael Sabbarese

REIKI

Help heal the people you love. Learn about the universal life force energy, become attuned to the energy in a spiritual ceremony, practice hands-on self-healing techniques, and go home with a robust toolkit to further develop your skills. Once attuned, you may experience improved confidence, relaxation, sleep, digestion, concentration, and patience or a reduction of pain, anxiety, or cravings. Using your new-found skills and intention, harness Reiki to heal yourself, adults, children, pets, plants, and more. This gift of healing remains with you for the rest of your life. You will leave enlightened and begin to see the world differently. *The sessions can be taken individually, to obtain certification you must take both. The materials fee is payable once. *To obtain certification, Prerequisite Session 1. No Discounts Apply.*

Course# 6 - 9 PM NHS 1 Class **Price: \$99**
S23R1: Thursday Mar 9, 2023 +\$50 materials fee payable to instructor
S23R2: Thursday Mar 23, 2023
 Audra Mace

CHAKRADANCE™

Get fit in a way only YOU can imagine! Explore your body-mind-spirit connection learning technique ways to release blocked-energy, ground yourself and become more present. Through guided imagery, spontaneous movement, and mandala art Chakradance™ regulates your physical organs and emotional attitudes towards safety, sexuality, power, love, communication, intuition and self-realization. *Bring a cushion or Yoga mat. No Discounts Apply.*

Course# 6 - 7 PM NHS
1 Class Price: \$29 **5 Class Price: \$99**
S23CD1: Wednesday Apr 26, 2023 **Intro-7 Keys to Freedom**
S23CD2: Wednesday May 3, 2023 **Body Wisdom & Chanting**
S23CD3: Wednesday May 10, 2023 **Power animal Meditation/Dance**
S23CD4: Wednesday May 17, 2023 **MANipura (Power)**
 Audra Mace



PERSONAL GROWTH CLASSES

SKILLS FOR SUCCESS

Executive Functions are the cognitive skills needed for academic performance, social skills, and life skills. Commonly, these are the skills utilized to organize, plan, initiate, manage emotion, shift/maintain focus and use working memory. They govern the HOW you do what you DECIDE to do. This presentation will briefly explain how Executive Function skills are developed and **will include tips, tools, and strategies parents can use to promote optimal success in all aspects of life.** Followed by a Q and A. *A presentation designed for parents/guardians/caregivers looking for meaningful and valuable information.*

Course# S23SFS1 7 - 8 PM NHS 1 Class
Price: \$10 Newtown Resident Fee / \$15 Non-Resident Fee
 Thursday Mar 30, 2023
 Melissa Bildner, ADHD & Executive Function Parent Coach

SHIFT TO CLARITY FOR WOMEN

Join Thought Partner & Executive Functioning Coach, Jenai Fitzpatrick, for a curated series of guided experiences; where the idea of reconnection within ourselves and one another will lead us on a journey to rediscovering personal empowerment. This course is about giving yourself time, space and intention to learn about who you are, to find your voice and take action as you make a change.

Apply a 10% Discount.

Course# S23SC1 6:30 - 7:45 PM NHS 6 Classes **Price:** \$125
 Wednesdays Mar 1, 8, 15, 22, 29, Apr 5, 2023
 Jenai Fitzpatrick, Thought Partner & Executive Functioning Coach



TOOLS FOR TRANSFORMATION

Using the wisdom of science, combined with the sacred spiritual practices of the indigenous, earth-based cultures, each week will explore a different powerful, yet simple tool for a transformational life:

- 1. Body's Energy Centers: Feb 28:** Learn about the subtle body, which is made up of nadis, chakra, an aura and the Luminous Energy Field (LEF) and learn how to determine a healthy and unhealthy LEF.
- 2. Sacred Space, Protection & Removing Heavy Energy: Mar 7:** Everything is made up of: Energy, vibration and frequency, which we pick up heavy and light "static," throughout daily activities. Learn how to create sacred space, contain your LEF and cleanse and clear your home or office as well as your own person through Chakra Clearing.
- 3. Shamanic Journeying & Cord Cutting: Mar 14:** Be introduced to the idea of journeying for guidance and be guided to meet your spirit guide and power animal. Etheric cords and symptoms of negative attachment and soul loss will be discussed.
- 4. Intro to Ayurveda, Tapping & Transfiguration: Mar 21:** Ayurveda translates to the knowledge of life (a health and wellness model used in India). Discover your Dosh, do a tongue analysis to assess your health. Using the idea of meridians, you will learn how to tap on certain acupuncture points to promote health. Experience transfiguration, a simple, yet powerful tool for healing and transformation.
- 5. Crystals, Colors & Chakras: Mar 28:** Learn how different crystal shapes and colors relate to the chakras and what they mean. Learn to choose a crystal, cleanse it, attune to it, program/activate it and store it and meditate on it. Experience different techniques for clearing heavy energy from the energetic biofield and psychic self-defense. Please bring a crystal to work with.
- 6. Divination with the I-Ching, Manifesting & Oracle Cards: Apr 4:** The I-Ching (a book of prophecy) can answer any pressing questions. Using that, learn to manifest what you want into being.
- 7. Clearing Ancestral Karma, Fire Ceremony & Rites of the Womb: Apr 18:** Ancestral Karma is transferred in the DNA and we have the power to clear out these imprints and heal our family patterns. *Participants have said these classes are deep, transformative and life changing. This is an invitation to discover your fullest potential and fulfill your sacred destiny. Register for one class, or all (7). Discounts do not apply to individual sessions, but a discount is offered if you register for all classes at once.*

Course#	7 - 9 PM	7 Week Series:	\$199	Price:	\$39
S23TT1:	Tuesdays	Feb 28, Mar 7, 14, 21, 28, Apr 4, 18, 2023			
S23TT2:	Tuesday	Feb 28, 2023		Body's Energy Centers	
S23TT3:	Tuesday	Mar 7, 2023		Sacred Space	
S23TT4:	Tuesday	Mar 14, 2023		Journeying	
S23TT5:	Tuesday	Mar 21, 2023		Intro to Ayurveda	
S23TT6:	Tuesday	Mar 28, 2023		Crystals, Colors, Chakras	
S23TT7:	Tuesday	Apr 4, 2023		Manifesting	
S23TT8:	Tuesday	Apr 18, 2023		Ancestral Karma	

Karen Pierce, Karen Pierce's Home Studio (11 Nettleton Ave., Newtown)

RUNNING 101

Learn the basic foundations of building a personal running program for better health, energy, or stress management. Learn to use running as a regular form of cardiovascular exercise, while avoiding the typical pitfalls that new or experienced runners can bump into. Review facts and fiction from the sports medicine world and gain clarity on some common running-related questions: from stretching to appropriate mileage. Is there a difference between running, jogging, and walking, and is any of this bad for the joints? Can I continue to run after injury or as I progress in age? This program will help steer you towards a rewarding running experience. *Apply a 10% Discount.*

Course# S23R101 7 - 8:30 PM NHS 1 Class **Price: \$39**
 Tuesday Mar 21, 2023
 Dr. James Silva, PT, DPT, OCS

BUFF BONES® PILATES

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 and is safe for those with osteoporosis. Rosemary Larkin is a licensed Buff Bones® Instructor. Bring a mat and light weights (2-3 lbs), wear flexible, fitted clothing. *You may want to consult with your doctor before registering if you have any concerns with limitations to physical activity. No Discounts Apply.*

Course# 5:45 - 6:45 PM NHS
S23PRB1: Mondays 5 Classes **Price: \$115**
 Feb 27, Mar 6, 13, 20, 27, 2023
S23PRB2: Mondays 5 Classes **Price: \$115**
 Apr 3, 17, 24, May 1, 8, 2023 *No 4/10
S23PRB3: Mondays 10 Classes **Price: \$220**
 Feb 27, Mar 6, 13, 20, 27, Apr 3, 17, 24, May 1, 8, 2023 *No 4/10
 Rosemary Larkin, *Licensed Buff Bones® Instructor*

INTRO TO TAI CHI EASY™ & QIGONG

Self-care health-care is becoming the new normal. Learn playful ways to get in and 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 relations. *A one-time \$20 materials fee is payable to the instructor. No Discounts Apply.*

Course# 6 - 7 PM NHS **5 Class Price: \$115** **1 Class Price: \$25**
S23TC1: Wednesday Mar 1, 2023 **The Healer Within**
S23TC2: Wednesday Mar 8, 2023 **10 Phases of Cultivating Qi**
S23TC3: Wednesday Mar 15, 2023 **5 Animal Frolics Qigong**
S23TC4: Wednesday Mar 22, 2023 **5 Elements Qigong**
S23TC5: Wednesday Mar 29, 2023 **5 Tai Chi Easy Forms**
 Audra Mace

SIMPLY STRETCH

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. This class involves laying down, knee movements, use of hands, and back and though we do try to modify the routines, it may not be appropriate for some with bad backs and or knees. You may want to consult with your doctor before registering if you have any concerns. A yoga mat is recommended for this class. *Apply a 10% Discount.*

Course# S23SSM 6:30 - 7:30 PM NHS 1 Class **Price: \$60**
 Mondays Feb 27, Mar 6, 13, 20, 27, 2023
 Mary Sireci

YOGA

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 the 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.) This class involves laying down, knee movements, use of hands, and back and though we do try to modify the routines, it may not be appropriate for some with bad backs and or knees. You may want to consult with your doctor before registering if you have any concerns. *Up to a 25% Discount Applies.*

Course# 6:30 - 7:30 PM NHS
S23YK1: Wednesdays 10 Classes **Price: \$100**
 Feb 1, 8, 15, 22, Mar 1, 8, 15, 22, 29, Apr 5, 2023
S23YK2: Wednesdays 5 Classes **Price: \$55**
 Feb 1, 8, 15, 22, Mar 1, 2023
S23YK3: Wednesdays 5 Classes **Price: \$55**
 Mar 8, 15, 22, 29, Apr 5, 2023
S23YK4: Wednesdays 5 Classes **Price: \$55**
 Apr 19, 26, May 3, 10, 17, 2023
 Karen Pierce

For Yoga/Pilates/Fitness classes: Classes involve laying down, knee movements, use of hands, and back. Though we do try to modify the routines, it may not be appropriate for some with bad backs and or knees. You may want to consult with your doctor before registering if you have any concerns.

FUTURE & FINANCIAL PLANNING

ELDER LAW: PROTECT YOUR ASSETS AS YOU AGE

Anyone can require long-term care as we age, and it can be financially ruinous. Learn how to protect your home and life's savings from Medicaid (Title 19) in case you need long-term care. Elder Law attorneys will address these urgent questions: If I don't plan, what will Medicaid "take"? How can I protect my assets and still keep control over them? How can a trust protect my assets? How can I get income from Veterans Affairs? How can I avoid probate? Preserve your life's savings and lifestyle, and protect your assets as you age. Attorneys Murphy explain using trusts and other techniques to protect your assets and income and qualify for Medicaid benefits (for home care, assisted living, or nursing home), VA Aid & Attendance pension (up to \$2,642/month) and Probate Avoidance through Revocable Living Trusts. *Up to a 25% Discount Applies.*

Course# S23EL Virtual 6:30 - 8:30 PM 1 Class **Price:** \$29
 Wednesday May 17, 2023
 Thomas E. Murphy Esq. and Michele F. Murphy RN, MSN, Esq.,
 Danbury Estate Planning and Elder Law Attorneys

ASSET PROTECTION TRUSTS & REVOCABLE LIVING 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. *Up to a 25% Discount Applies.*

Course# S23RLT Virtual 6:30 - 8:30 PM 1 Class **Price:** \$29
 Wednesday Mar 8, 2023
 Thomas E. Murphy Esq. and Michele F. Murphy RN, MSN, Esq.,
 Danbury Estate Planning and Elder Law Attorneys

ESTATE PLANNING

During this informative seminar, you will learn about the estate planning documents everyone should have to properly plan ahead. These include a Will, Powers of Attorney, Living Will, and Revocable Living Trusts. We will also touch briefly on avoiding Probate and asset protection. *Up to a 25% Discount Applies.*

Course# S23EP1 6 - 7:30 PM NHS 1 Class **Price:** \$29
 Thursday Mar 23, 2023
 Nicole Camporeale, Hoekenga, Machado & Lyon, LLC



FOUNDATIONS TO FINANCIALS

Money is a tool. I believe in planning for the expected and unexpected. We expect to retire, (or at least we hope to). We expect our children to get a higher form of education. We know that those things need to be funded. We don't expect a serious illness or accident and we don't expect that either one could careen us into debt, foreclosure or worse. We are creatures of procrastination - it may feel like it is so far away and there is time. The problem is that time slips away quickly. The best time to start planning is now. I am a firm believer that if you properly prepare, you can withstand any hardship as well as enjoy life. My goal is to help clients make the most out of the money they make by creating a strategy that will serve them well in the future. **1. Foundation in Investing: April 5:** Rules for investing, creating strategy. **2. Retirement by Design: April 19:** Defining your retirement goal. **3. Preparing for the Unexpected: April 26:** Develop a proactive strategy for protection. **4. Preparing your Estate Plan with Nicole Camporeale: May 3:** Overview of estate planning, account registration, beneficiary designation. Register for one class, or all (4). *Discounts do not apply to individual sessions, but a discount is offered if you register for all classes at once.*

Course#	7 - 8 PM	NHS	4 Class Price: \$70	1 Class Price: \$20
S23FF1:	Wednesday	Apr 5, 2023	Foundation in Investing:	
S23FF2:	Wednesday	Apr 19, 2023	Retirement by Design	
S23FF3:	Wednesday	Apr 26, 2023	Preparing for the Unexpected	
S23FF4:	Wednesday	May 3, 2023	Preparing Your Estate Plan	
S23FF5:	Wednesdays	Apr 5, 19, 26, May 3, 2023		
Maria Xavier, Edward Jones				

MAXIMIZE YOUR HEALTH INSURANCE WORKSHOP

Learn the basics of private health insurance literacy (HIL) to help navigate the health insurance landscape and get the most out of your health insurance plan. Whether you get your health insurance through an employer or the health insurance exchange (Affordable Care Act plan), you can learn to be an active consumer of your health insurance and maximize your coverage. In addition to identifying best practices you can put into action right away; the course will review how the health insurance industry works and top 5 skill sets aimed at improving your HIL: • Health insurance terms & concepts • How to understand what your plan covers • How to choose a health plan • Navigate tools and resources • Managing your claims questions.

A copy of William's book, *Maximize Your Health Insurance, Keep More Money in Your Pocket* is included. William Pokluda is a certified benefits professional (CEBS) with over 30 years of experience managing corporate benefits and working in the insurance industry. William Pokluda does not sell health insurance. This course is not intended for people enrolled in non-private health plans such as Medicare, Medicaid or other government sponsored plans). Apply a 10% Discount.

Course# S23MIB 6:30 - 8 PM NHS 1 Class **Price:** \$29
Tuesday Feb 28, 2023
William Pokluda, Author & Certified Benefits Professional

MEDICARE BASICS

Designed for those approaching 65 and or those 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 Advantage Plans, Medicare Savings Plans, Extra Help, discount drug cards and how Medicare works with other health insurance. The goal is to learn about Medicare and to reduce the cost of healthcare. Up to a 25% Discount Applies.

Course# 6:30 - 8 PM NHS 1 Class **Price:** \$29
S23MB1: Thursday Mar 2, 2023
S23MB2: Thursday Mar 23, 2023
S23MB3: Thursday Apr 20, 2023
Suzanne Candee, HIQS Group

MEDICAID AND PLANNING FOR LONG TERM CARE

During this informative seminar, you will learn about the cost of long term care in CT and how to plan to protect assets and pay for long term care costs. We will review the Medicaid program in CT and how to qualify. Up to a 25% Discount Applies.

Course# S23MP1 6 - 7:30 PM NHS 1 Class **Price:** \$29
Thursday Apr 20, 2023
Nicole Camporeale, Hoekenga, Machado & Lyon, LLC

WOMEN & WEALTH:

EMPOWERING WOMEN TOWARDS & IN RETIREMENT

During this educational workshop we will discuss the potential challenges that can arise due to divorce, widowed and separation as well as outliving one's spouse. We will review these scenarios as well as discuss strategies to prepare for them as well as build a better retirement plan and future. Also discussed are market volatility, drawing down too much of your assets in retirement, taxes and how they can affect your future as well as legacy planning for your beneficiaries. Up to a 25% Discount Applies.

Course# S23EW1 6 - 7:30 PM NHS 1 Class **Price:** \$29
Wednesday Mar 1, 2023
USA Financial and Tax Services

SOCIAL SECURITY TIMING STRATEGIES & IMPLEMENTING INTO YOUR RETIREMENT

Electing Social Security can be one of the most important decisions as you approach retirement. During this educational workshop you will learn how to potentially maximize your social security benefits. We will discuss spousal benefits, widowed, divorced and single claiming concepts. We will then put social security into the context of planning to share with you how getting the most out of this retirement benefit can also help your retirement plan succeed. Up to a 25% Discount Applies.

Course# S23SSR1 6 - 7:30 PM NHS 1 Class **Price:** \$29
Tuesday Apr 25, 2023
USA Financial and Tax Services

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. Up to a 25% Discount Applies.

Course# 6:30 - 8 PM Virtual 1 Class **Price:** \$29
S23SS1: Monday Mar 13, 2023
S23SS2: Tuesday Apr 18, 2023
S23SS3: Wednesday May 10, 2023
Charles Yannich & Al D'Agosto, Retirement & Money Strategies

INTRODUCTION TO VOICEOVERS

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo>. This class is taught via video chat via Zoom, Skype or Facetime (If you do not have a webcam, an audio chat or phone call can be arranged).

No Discounts Apply.

Course# S23IVO1 Virtual 1 Class (90 minutes) **Price: \$49**

When you register online through Newtown Continuing Education you will be contacted by Voices for All, LLC to schedule your 90 minute session, via email. Voices for all is available for appointments 7 days a week, (8 am - 8 pm). Please check your Spam Folder for emails. *You will book your time slot directly with Voices for All, LLC.*

INSTANT PIANO :

For Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture demonstration.

No Discounts Apply.

Course# 6:30 - 9:30 PM Zoom 1 Class **Price: \$59**

S23IP1: Monday Mar 20, 2023

S23IP2: Monday May 8, 2023

Craig Coffman, *Chords are Key*

INSTANT GUITAR:

For Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

No Discounts Apply.

Course# 6:30 - 9 PM Zoom 1 Class **Price: \$59**

S23IG1: Tuesday Mar 21, 2023

S23IG2: Tuesday May 9, 2023

Craig Coffman, *Chords are Key*



REGISTER ONLINE: NEWTOWN-CE.REVTRAK.NET
CONTACT Us: (203) 270-6190

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 overwinter 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! *Up to a 25% Discount Applies.*

Course# S23HH1 6:30 - 8:30 PM NHS 1 Class **Price:** \$39
 Monday Feb 27, 2023
 Nicole Christensen



HOUSEPLANTS 101

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 overwinter 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! *Up to a 25% Discount Applies.*

Course# S23H101 6:30 - 8:30 PM NHS 1 Class **Price:** \$39
 Monday Apr 24, 2023
 Nicole Christensen

CANNING 101

A Comprehensive Beginner Guide to Canning and 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 through the seasons, along with great tips, recipes, and more! *Up to a 25% Discount Applies.*

Course# S23C101 6:30 - 8:30 PM NHS 1 Class **Price:** \$39
 Monday May 15, 2023
 Nicole Christensen



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 in our area. Learn what vegetables and herbs work best and where, when to plant and harvest throughout the entire season, 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! *Up to a 25% Discount Applies.*

Course# S23GBB 6:30 - 8:30 PM NHS 1 Class **Price:** \$39
 Monday May 8, 2023
 Nicole Christensen

REGISTER ONLINE: NEWTOWN-CE.REVTRAK.NET
CONTACT US: (203) 270-6190

NHS SAT PREP CLASS

This 18-hour program is designed and given by certified teachers with SAT expertise, who possess the ability to present the information and test-taking skills in an understandable manner. Emphasis will be on test-taking techniques in Math and English to aid students with the test taking process. Knowledge of the test format and a review of the test material will prove helpful for your student's success.

The **Math portion** of the course will begin with sample questions and problems, progressing through Math itself to provide students with strategies. Common mistakes students fall into when taking the SAT will be pinpointed. The **English portion** of the course will move through sample writing, vocabulary and approaches to narrowing down answers. Students will become familiarized with vocabulary and reading content presented in the SAT. Increasing reading speed will also be a focus.

Prepare for the MARCH SAT

Price: \$240
Tue/Thur Prep: Jan 10 - Feb 28, 2023 6 - 7:30 PM
 Tuesdays Jan 10, 24, 31, Feb 7, 14, 28
 Thursdays Jan 12, 26, Feb 2, 9, 16, 23 *No Jan 17, 19, Feb 21
 Classes are held at Newtown High School

*In the event of inclement weather or school closure, classes will resume via Google Meet at the scheduled date/time. Classes are not given over Google for illness or absences. *This course includes the accompanying book. The course is in preparation for the SAT exam and does not include the SAT Testing/fee.*
No Discounts Apply.

**THE PRINCETON REVIEW PRESENTATIONS WITH EXPERTS**

Below are all Virtual Presentations

SAT, ACT, OR BOTH? Should I take the SAT, ACT, or both? In this program, we will discuss the truths and misconceptions, similarities and differences, and the strategies that improve scores on both tests.
February 16, 2023

SAT STRATEGY SESSION: In this presentation, we give students some simple, basic strategies that will make sure scores improve on their next practice or official exam. These are excellent follow up programs to our SAT or ACT Practice Tests.
March 2, 2023

ADVANCED PLACEMENT STRATEGY SESSION: AP students who have succeeded all year long in their classes still need to prepare for the actual exam. Students will learn about the strategies for AP Exams that earn a score that earns college credit.
April 27, 2023



The Princeton Review and Newtown Cont. Ed. have partnered to help get you into your dream school.

**THE PRINCETON REVIEW SAT ESSENTIALS COURSE (Accelerated Summer Course)**

Led by a Princeton Review expert, you will receive 18 hours of live instruction and three scheduled practice tests. Additional online resources are given to help you achieve a higher score, guaranteed.

Prepare for SUMMER SAT: Classes are held online

Course# 516670 July 29 - Aug 15
 Mondays & Tuesdays 9 AM - 12 PM
 Mondays Jul 31, Aug 7, 14, 2023
 Tuesdays Aug 1, 8, 15, 2023
 Saturdays, (Remote Testing) July 29, Aug 5, 12, 2023
Price: \$999 \$749.25 if you use PROMO CODE for 25% OFF
<https://www.princetonreview.com/product/offers/516670>

BEST FIT COLLEGES: PRESENTED BY ROB FRANEK

There is a college out there for everyone, and thousands of colleges across the country. This presentation will help students discover what a dream college means for them, and help them find their best fit.
March 29, 2023
(at NHS, in-person event)

TUTORING: Private SAT & ACT Tutoring. Customized tutoring for every level, such as SAT 1500+ & ACT 34+ Guarantee. *Visit online for pricing. Don't forget to use our Promo Code.*

PROMO CODES:

NEWTOWN25% for 25% off all courses
NEWTOWN10% for 10% off tutoring.

Please visit the Princeton Review's website for schedule, fees and to enroll. **Website:** PrincetonReview.com/NewtownCT
Phone: 800-2REVIEW

LENTZ & LENTZ SAT PREP

Designed to benefit students of all ability levels, this program is divided equally between English and Math and covers all facets of the SAT and PSAT. **Class features:** test taking techniques, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online podcasts for supplemental review. The **podcasts** are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum. Lentz & Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. Lentz & Lentz also allows students the *flexibility to attend live makeup classes*. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. *Extra help at no charge*, course materials and complimentary refresher sessions are included in the tuition.

For information or to register call **Lentz & Lentz** at:
1-845-638-2826 or visit www.LentzSATPrep.com

Course# F22LL1 6:30 - 9:30 PM NHS 8 Classes **Price:** \$475
Wednesdays Jan 25, Feb 1, 8, 15, 22, Mar 1, 8, 15
Lentz & Lentz

DRIVER'S EDUCATION

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

Most Popular*

Full Driver Education

Full Driver Education Course

(Popular Choice) **Price:** \$679
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.

THE NEXT STREET DRIVER'S EDUCATION: *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.*

Add-on to the Safe Driving Course

License Testing:

Test at The Next Street:

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.



Courses are being given over ZOOM.

Driving Lessons are in person.

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

To Review Safety Protocols in Place Visit:
thenextstreet.com/health-safety-protocol

Safe Driving Course

Safe Driving Course:

Price: \$139

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).

**Adult course*

Enroll

Online:

Thenextstreet.com/newtownhs
Call: (860) 631 - 4292
Let them know **Newtown Continuing Education** sent you and that you are a **Newtown HS student**.

REGISTER ONLINE: NEWTOWN-CE.REVTRAK.NET
 CONTACT US: (203) 270-6190

SUMMER ACADEMIC ENRICHMENT PROGRAM 2023

Summer Academic Enrichment programs are available to students exiting K-6 grades who are recommended by school staff to attend.

The four-week, morning, academic half-day program is an opportunity for students to further academic skills, and receive personalized instruction. Certified staff members work with your student(s) to provide instruction in a small, classroom setting.

... Splash into Academics, Aquatics and Art

For students attending a half-day, Academic Enrichment program (K-6), an option to enjoy afternoons, filled with structured, enrichment and aquatic activities, at the Newtown Community Center is available through 4PM (extended day options through 6PM).

The [Newtown Continuing Education Learning Hub](#) in partnership with the [Newtown Community Center](#) bring a summer program that is truly, *Centered Around You!*

Enrollment/Itineraries available in March 2023



Summer Splash Weekly Fee:
\$80 Per Week, Per Child
 (This is in addition to the Summer School Fee).

Same Days as Summer Academic Enrichment Program
July 3 - July 27 (Mon-Thur) No July 4
 4 PM Pick Up at the Newtown Community Center

- << Enroll week-by-week.
- << Payment Plans/Limited Scholarships available.
- << Enrollment is limited, register early.
- << **Enrollment begins in March 2023**

Enroll:
 Through [Newtown Continuing Education](#)

Online: newtown-ce.revtrak.net
 Phone: (203) 270-6190



(Summer School payment arrangements and a limited number of scholarships are also available).

**Hablamos Español*

SUMMER CAMPS 2023

We offer various summer camps to fit the different interests of children. Summer camps are Monday through Friday (unless otherwise specified).

Summer Splash will also be offered to those enrolled in a half-day K-6 Summer Academic Enrichment program.

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 Newtown High School (2023)

ANTICIPATED SMART CAMP DATES:

Session 1: July 3 - July 14

Session 2: July 17 - July 28

OUTDOOR EXPLORERS

Session Dates TBA

OTHER CAMPS & DATES TO BE ANNOUNCED
Enrollment/Itineraries available in March 2023



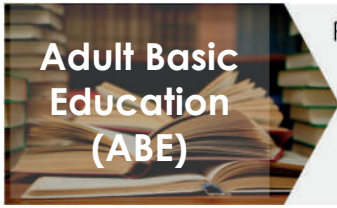
INTERNSHIPS

Summer Internship opportunities, paid and unpaid, are available through our summer programs.

- ... **Summer Academic Enrichment Intern**
- ... **SMART Camp Intern**
- ... **Summer Splash Intern**

APPLICATIONS AVAILABLE ONLINE BEGINNING JAN 3, 2023
Newtown.k12.ct.us/adultandcontinuingeducation

WERACE: WESTERN CT REGIONAL ADULT & CONTINUING ED



Adult Basic Education (ABE)

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)



Citizenship

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

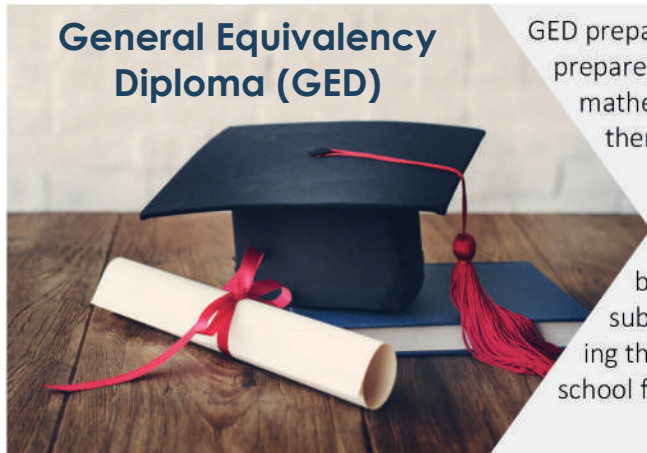
To Register for classes:

Step 1: Download the *Registration Forms* from the 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.**

Registration, textbooks & materials are **FREE** for mandated classes.

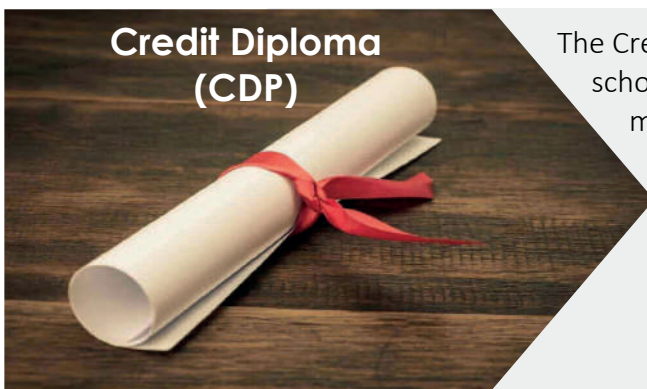


General Equivalency Diploma (GED)

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.

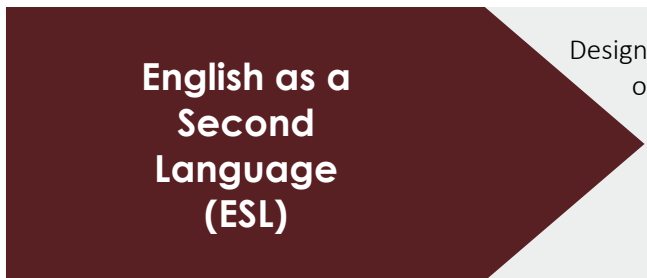
GED Testing *(Evening & Day Classes)*



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 Testing *(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)

POLICIES

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

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

Discounts: The Senior Discount and Early Registration discounts 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. Discounts must be applied prior to payment processing, otherwise you forfeit your discount.*

Fees:

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

Make Up Classes: Make up classes will be offered, either in-person or virtually, depending on circumstance. Neither refunds, credits, nor proration's will be given for your absence in a make-up class; regardless of reason. Make up classes are usually added on to the last week of your session date, or moved to another date.

Arrival for Programs:

- ... Please arrive no earlier than 5 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.
- ... Please consult with your primary care physician if you have any concerns attending classes.

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 previously 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.*

Visitors: Visitors will not be permitted in the building. Only those that have **pre-registered** for a program or are instructing, will be given admittance into the building. Childcare is not provided and children are not allowed to sit in on classes, nor outside in the hallway for their safety and for the safety of others.

A decision to suspend, change/update guidelines or close the program can be made by the Board of Education for any instance which may pose a safety concern given circumstances out of our control.

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

School Closings & Policies Weather Related:

- ... If day time classes are cancelled because of inclement weather, there will be NO evening classes. (please see make up sec).
- ... 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 for providing 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.

Register for an Adult Ed Class by Mail

Full Name:

*Required for Discount.
Date of Birth (MM/DD/YY):

Address:

[Register Online at:
newtown-ce.revtrak.net](http://newtown-ce.revtrak.net)

Email: City State Zip

*We send email notifications for updates/cancellations

Phone#:

Alt. Phone#:

Designated Emergency Contact: **Required for Bus Trips*

Name:

Phone:

Course Registration:

25% Discount for Adults Ages 62+ OR 10% Early Registration Discount on [select courses](#). Exp.: 2/24/2023 - *Discounts Cannot be Combined.

Course#/Name:

Fee:

Course#/Name:

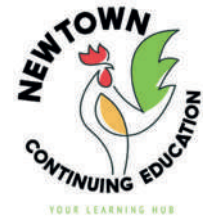
Fee:

Course#/Name:

Fee:

Course#/Name:

Fee:



Grand Total:

BY REGISTERING YOU AGREE TO THE FOLLOWING: (Please review all policies)

Liability Waiver: I, undersigned, assume all risks and hazards incidental to such participation in the Newtown Adult Continuing Education activity; and I hereby, waive, release, absolve indemnity, and agree to hold harmless the Newtown Adult Continuing Education Department and the program instructors, organizers, sponsors, etc. for any claim arising out of injury to myself. Participation is at my own risk. There is no medical coverage. In voluntarily agreeing to in-person participation in a Newtown Continuing Education program, participants understand that they are assuming sole responsibility for any illness or injury, the participant and/or his/her family or others in the Participant's household, including serious illness, damage, loss, temporary or permanent disability, and death, that may occur as a result of in-person participation in the Activity. The District/Newtown Continuing Education is not responsible for any injury, illness, loss, or damage to the Student and/or his/her family or others in the Student's household, whether resulting from acts or omissions of third parties, or other persons not under the control of Newtown Continuing Education nor the District, from the operation or condition of facilities or premises, from acts of war or terrorism, or from acts of God or nature (including, but not limited to, COVID-19), except to the extent that the injury, loss, or damage is caused by the sole negligence or reckless, wanton, or intentional misconduct of the District, its officers, trustees, faculty, employees, agents, or representatives. Please review our cancellation/refund policy.

All cancellations, regardless of reason are assessed a \$15 fee.

Signature: _____

Date: _____

EMAIL US YOUR REGISTRATION:

Email: continuinged@newtown.k12.ct.us or Mail Check/Form: 12 Berkshire Rd. Sandy Hook, CT 06482

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

Credit Card Number:

CVV:

Exp.:

Signature: _____

Checks Payable to: Newtown Continuing Education

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

We will email you a receipt for your payment. No other confirmation is provided.

All Registrations are first come, first served, and registration based, you will be contacted in the event a class is full or canceled.

Newtown Continuing Education
Located in Newtown High School
12 Berkshire Road | Sandy Hook, CT | 06482
Phone: (203) 270-6190

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

Postal Customer



Spring 2023 Adult & Continuing Education Catalog



Listings are updated Regularly via the Online Webstore:
Newtown-ce.revtrak.net

SHARE YOUR TALENT WITH OUR COMMUNITY ...

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 with the following information, **or mail** this form to us!

Full Name: _____ Phone: _____

Email: _____

Program Name: _____ Dates/Times: _____

Brief Description: _____

Submit this form through Mail:

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

Or **Email:** continuinged@newtown.k12.ct.us