

Celebrating **50** Years (1971-2021)

FARMINGTON CONTINUING EDUCATION Winter 2021

January - March



 Farmington Public Schools
CONTINUING EDUCATION
www.fpsct.org/fce

PROGRAM INFORMATION

FARMINGTON CONTINUING EDUCATION

1 Depot Place, Unionville, CT 06085
Phone: (860) 404-0290
Fax: (860) 404-0294
continuinged@fpsct.org
www.fpsct.org/fce

8:30AM - 4:30PM
Monday - Friday
(closed major holidays)

SCHOOL ADMINISTRATION

Kathleen C. Greider
Superintendent of Schools

Kimberly Wynne
Assistant Superintendent of Schools

Alicia Bowman
Assistant Superintendent of Finance & Operations

BOARD OF EDUCATION

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CONTINUING EDUCATION

Lori Wyrebek
Coordinator

Amy Ferrari
Supervisor and Catalog Design

Hello Lifelong Learners,

Let's put 2020 behind us and bring in the NEW YEAR! This year marks the 50th anniversary of Farmington Continuing Education. There is no better time to stay active, engaged, and connected by participating in the many course offerings in this winter catalog during January, February, and March.

The spring catalog will be released in February for courses being offered in April, May, and June. Visit our website www.fpsct.org/fce for newly added course offerings and to register.

Hope to see you in person in 2021!

All aboard to lifelong learning!

Lori Wyrebek

Coordinator
wyrebekl@fpsct.org



Due to COVID-19, no in-person courses will be held at Lewis Mills High School or Lake Garda Elementary School. Burlington and Harwinton residents can attend an in-person or virtual course listed in the catalog.

Many businesses and instructors from Burlington and Harwinton are offering courses for winter 2021.

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MARK YOUR CALENDARS!



Courses will NOT be held on the following dates.....

- January 1 - New Year's Day
- January 18 - Martin Luther King Jr. Day
- February 15 - President's Day
- February 16 - Winter Recess (schools closed)

COURSE LOCATIONS

Barney Library	71 Main Street	Farmington, CT 06032
Claudette's Creative Clippin's Pet Salon	22 Main Street	Unionville, CT 06085
DOT Commuter Lot	475 Hartford Road	New Britain, CT 06053
Farmington Community & Senior Center	321 New Britain Avenue	Unionville, CT 06085
Farmington High School	10 Monteith Drive	Farmington, CT 06032
Farmington Library	6 Monteith Drive	Farmington, CT 06032
Farmington River School of Art	73 East Main Street	Plainville, CT 06062
First Church of Christ - Farmington	75 Main Street	Farmington, CT 06032
First Church of Christ - Unionville	61 Main Street	Unionville, CT 06085
Flanders Nature Preserve	5 Church Hill Road	Woodbury, CT 06798
Irving Robbins Middle School	20 Wolf Pit Road	Farmington, CT 06032
Spotlight Art, Dance & Wellness	1055 Farmington Avenue	Farmington, CT 06032
Stanley Whitman House	37 High Street	Farmington, CT 06032
The Zoo Health Club	498 Bushy Hill Road	Avon, CT 06001
West Woods Upper Elementary School	50 Judson Lane	Farmington, CT 06032

Find us on Social Media!

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ABE, ESL, GED & CITIZENSHIP

The Farmington Board of Education provides courses in Adult Basic Education (ABE), Citizenship, High School Completion Programs (GED®, CDP, and NEDP), and English for Speakers of Other Languages (ESL). These courses are FREE to residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington, and Harwinton. Registration is required for ALL courses!

English for Speakers of Other Languages (ESL)

Learn to speak, read, and write English with a focus on those skills needed in everyday life. Both day and evening courses will be offered at three levels (beginner, intermediate, advanced). Registration is required for all new and returning students.

Aprénda a hablar, leer y escribir inglés en un programa que enfocará en las destrezas de todos los días. Se ofrecen clases por el día y por la noche en tres niveles (principiante, Intermedio y avanzado). Matriculación es obligatorio para todos los alumnos.

DAYTIME COURSES:

02/02 to 05/20 28 sessions (TTh)
10AM-12PM (Beg./Int.) Farmington Library - Upstairs, Board Rm 1
12-2PM (Adv.) Farmington Library - Upstairs, Board Rm 1

EVENING COURSES:

02/01 to 05/19 28 sessions (MW)
6-8:30 PM Farmington High - Rm 908

Adult Basic Education (ABE)

For adults who want to learn basic reading, writing, and math skills. You will improve your life skills and can prepare to enter a high school completion program.

02/01 to 05/19 28 sessions (MW)
6-8:30 PM Farmington High - Rm 913

Citizenship

Prepares the applicant in the 3 areas of the naturalization process including both the application and documents, U. S. history and government, and reading and writing skills.

02/01 to 05/17 14 sessions (M)
6-8 PM Farmington High - Rm 909

General Education Development (GED®)

MATH/SCIENCE:

02/01 to 05/17 14 sessions (M)
6-8:30 PM Farmington High - Rm 906

LANGUAGE ARTS/SOCIAL STUDIES:

02/03 to 05/19 14 sessions (W)
6-8:30 PM Farmington High - Rm 906

VOLUNTEERS

Volunteers are needed for courses! Contact Sarah De Feudis for more information at (860) 805-2499 or defeudiss@fpsct.org



REGISTRATION FOR: ABE, ESL, GED® & Citizenship

At this time, the ABE, ESL, GED®, and Citizenship courses will be offered as a hybrid model (both in-person and online) but can change based on state health recommendations.

**REGISTER ONLINE for all
courses at www.fpsct.org/fce**

Once your registration is received, you will be contacted by phone to verify your registration information and schedule in-person or remote testing.

*If you have any questions, call our office at
(860) 404-0290.*

HIGH SCHOOL COMPLETION

Register online at
www.fpsct.org/fce

There are three distinct pathways for adults to attain a high school diploma outlined below:

General Educational Development (GED®):

Adults who have not completed high school must demonstrate, through a 4-part computerized examination that includes a writing sample, the attainment of academic skills and concepts normally acquired through completion of a high school program. Applicants for this exam must be at least 17 years of age and officially withdrawn from school for at least 6 months. Individuals who pass the GED® Tests are awarded a State of CT High School Diploma.

Credit Diploma Program (CDP):

CDP is a combination of teacher-led courses and an internet-based high school curriculum. Earn credits through independent study projects, community service, work experience, or vocational training. Teachers are content-area certified secondary educators, and our courses are as equally challenging as regular high school but are shorter in length. If you are motivated, an independent learner with a busy work schedule, have family concerns, have 4-7 credits left to earn your diploma, you believe that earning a high school diploma similar to daytime high school is what you want, then this program is for you!

22 credits are required to earn a Bristol High School diploma: 4 in English, 4 in Math, 4 in Social Studies, 2 in Science, and 8 electives. A minimum of 4 credits must be completed in this program, no matter how many credits are transferred from previous high schools. This program is offered through Bristol Adult Education (860) 584-7865 and has rolling admissions.

National External Diploma Program (NEDP):

NEDP assists adults with life experiences, such as working and raising a family, towards a high school diploma. All work is done in a non-traditional, one-to-one at-home setting. Flexible appointments are made with staff to obtain, review, and demonstrate mastery of the 70 competencies measured by this nationally certified program. Although there is no age requirement, most adults that apply are over age 24. High school proficient scores in Math, Reading, and Writing are a prerequisite. This program is available through both Bristol Adult Education (860) 584-7865 and West Hartford Continuing Education (860) 561-6900. Call to find out when the next NEDP Orientation is being held.

Information to the GED® Test-Taker:

This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of CT diploma. Students receive necessary instruction in 4 subject areas (Science, Social Studies, Math and Language Arts) plus basic computer skills to take the exam.

- Go to www.GED.com and create an account
- Must take GED® Ready Test at www.GED.com and receive a score of "likely to pass" in each subject area
- Complete the process, in person, at Farmington Continuing Education
- Receive an email that you can now schedule your GED® test

CT General Statutes, Section 10-5(a) requires that individuals who are either 17 or 18 years old at the time of registration for the GED® must submit documentation that they have been officially withdrawn from a CT school for at least 6 months.

17-year-olds: must submit a withdrawal form with a parent/guardian signature.

18-year-olds: may submit, in place of a withdrawal form, a letter from the last high school they attended stating that the 9th-grade class they entered (or would have entered) has already graduated.

MISSION STATEMENT

The Farmington Board of Education will provide a planned program of studies to expand the educational opportunities for adult learners in the areas of Basic Education, GED® Preparation, ESL, and Citizenship. The plan takes into account the intent of state statutes to expand educational accessibility of offerings, and educational achievement as indicated by the receipt of a high school diploma. This is a common standards-based educational program that will enable every student to achieve rigorous performance standards.

NON-DISCRIMINATION POLICY

Farmington Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate based on race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding non-discrimination policies should be directed to the Director of Special Services at (860) 677-1791.

DISABILITIES ACCOMMODATIONS

All activities offered by Farmington Continuing Education are held at accessible locations. Accommodations for individuals with disabilities are available upon request. Please contact Lori Wyrebek at (860) 404-0290.

GED® TEST ACCOMMODATIONS

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact Lori Wyrebek at (860) 404-0290 or Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2111.

MANDATED COURSES

Farmington Continuing Education complies with Connecticut General Statute 10-73a, there is no fee for registration, books, or materials to any adult enrolled in the High School Completion, ESL, or Citizenship programs.

Register online at
www.fpsct.org/fce

Watercolors of Spring!

ShawnaLee Kwashnak (A-ART028)

Spring brings a welcome myriad of bright colors! Explore methods and techniques of watercolor painting while appreciating springs welcomed renewal. Create paintings of flowers. All skill levels welcome.

03/01 to 03/22 4 sessions (M)
 10 AM - 12 PM Online
 Course Fee: \$79

Sewing 101: The Basics - Scrunchies, Tote Bag, and Pillowcase

Ashley Parker (A-ART036)

Do you have a sewing machine and have no idea where to start? Learn the basics, including machine operation, how to sew hems, French seams, and much more! Each week there will be a small project to complete: tote bag, pillowcase, and scrunchies.

02/02 to 02/16 3 sessions (T)
 6-7:30 PM Online
 Course Fee: \$99

Quilting 101

Ashley Parker (A-ART039)

Learn the basics of piecing two different quilt blocks. A simple cut and twist block, also known as the disappearing 9 Patch, and a fabric origami bowtie block are perfect for an adorable baby quilt or warm lap quilt.

02/17 1 session (W)
 6-7:30 PM Online
 Course Fee: \$49

Home Decor Sewing - Curved Valance

Ashley Parker (A-ART037)

Create a sample valance, perfect for the kitchen or bathroom window. The valance will have a curved hem, a rod pocket, and be fully lined.

01/18 1 session (M)
 6-7:30 PM Online
 Course Fee: \$49

Cedar Plank Wood Sign Painting Workshop

Alison Murphy (A-ART024)

Enjoy an evening of painting handcrafted cedar plank wood signs. There will be several mix & match design options provided, or feel free to go rogue and create your own! Signs will be made with genuine cedar planks with twine attached for hanging. These signs make a great addition to your home decor or give one as a gift.

03/08 1 session (M)
 6:30-8:30 PM Farmington High - Rm 615
 Course Fee: \$45

Drawing Animals

ShawnaLee Kwashnak (A-ART027)

Learn how to draw animals like an artist! Gain valuable experience in learning how to see shapes and techniques to create a 3D drawing. Learn techniques to draw eyes, noses, ears, and fur! Students will complete at least one animal drawing.

03/01 to 03/22 4 sessions (M)
 6:30-8:30 PM Online
 Course Fee: \$85

Home Decor Sewing - Throw Pillow and Welt Cord

Ashley Parker (A-ART034)

Join this "basic" sewing class to learn how to create a sample throw pillow so you can spruce up your home décor!

01/25 1 session (M)
 6-7:30 PM Online
 Course Fee: \$49

Decorative Painting Art Lessons

Carolyn Mitchell (A-ART011)

Throughout this 4-week course, learn the basics of Decorative Painting. Topics to be covered will include design placement, base coating, shading, highlighting, and adding details. Two complete projects will be created. All materials and instruction are included.

03/01 to 03/22 4 sessions (M)
 6-7 PM Online
 Course Fee: \$165

iPhone for Beginners

Elizabeth McDonald (A-COM038)

We will explore using your iPhone from downloading apps, sorting and organizing them, creating folders, sending and receiving text messages, using the text message function to Facetime with 1 or more people who also have an iPhone, how to send messages with attachments, and how to use more than one language, including emojis.

01/07 to 01/28 4 sessions (Th)
 6:30-7:30 PM Online
 Course Fee, Senior Fee (65+): \$45, \$39

Using Zoom - Getting Past Just Clicking "Join a Meeting"

Elizabeth McDonald (A-COM039)

Build upon your basic knowledge of Zoom by exploring its various functions, including chat, private chat, break out rooms, screen sharing, and more.

02/03 to 02/24 4 sessions (W)
 6:30-7:30 PM Online
 Course Fee: \$39

Microsoft Word

Sara Bozzuto (A-COM008)

Learn Microsoft Word by creating documents, such as letters and resumes. Create, edit, format, save and print text and graphics. Use tools such as spell and grammar check, the thesaurus, word count, the help menu, and keyboard shortcuts. Use the ruler, change margins, set tabs, line spacing, and fonts; create headers, footers, and borders; cut, copy, paste, and more. Work efficiently with folders and files.

02/03 to 03/03 5 sessions (W)
 6:30-8:30 PM Online
 Course Fee, Senior Fee (65+): \$99, \$89

All Things Facebook

Elizabeth McDonald (A-COM037)

Explore Facebook, the Marketplace, Facebook Group, and Organizational Pages, how to attend events in Facebook Live, and how to use Facebook Messenger's video function to hold live, no-cost video chats with 1 or more people.

01/06 to 01/27 4 sessions (W)
 6:30-7:30 PM Online
 Course Fee, Senior Fee (65+): \$55, \$49

COMPUTERS & TECHNOLOGY

What's a Tweet, Post, or Pin? An Exploration of Twitter, Instagram, and Pinterest for Beginners

Elizabeth McDonald (A-COM040)

Explore Twitter, Instagram, and Pinterest to learn more about what they each are, how they function, and why people are drawn to one over the other for specific purposes.

02/04 to 02/25 4 sessions (Th)
6:30-7:30 PM Online
Course Fee: \$45

Computer Basics

Jen Wollman (A-COM042)

Did you get a new laptop or computer? If so, this is a great course to learn common computer terms and computer basics. What is a file? How do I save a file? What is a folder? Learn how to add your favorite picture to your desktop background, how to find a file, internet browsing, keyboard shortcuts, and much more! The class is based on Windows 10. *Designed for the novice with little computer experience.*

03/15 1 session (M)
6-8 PM Farmington High - Rm 522
Course Fee: \$29

UGotClass



With more than 100 ONLINE course topics and 30 certificate programs, you should have no problem finding a course to fit your needs today!

Visit <http://www.yougot-class.org/index.cfm/Fpsct>



Ricotta Gnocchi Mac & Cheese

Food Explorers (A-COO018)

Join a Registered Dietician from Food Explorers to make homemade Ricotta Gnocchi Mac & Cheese for a perfect Valentine's Day dinner for two (or more!). No special equipment is required.

02/15 1 session (M)
5-6 PM Online
Course Fee: \$25

Homemade Ravioli

Food Explorers (A-COO017)

Join a Registered Dietitian from Food Explorers to make homemade ravioli! Learn how to make pasta and whip up a delicious cheesy filling, without needing a pasta machine! You'll have perfect ravioli in no time. You'll also have the chance to ask any food and nutrition questions you may have, so come prepared!

01/18 1 session (M)
5-6 PM Online
Course Fee: \$25

Friday Night Supper Club with Prudence Sloane - Classic Risotto with Variations

Prudence Sloane (A-COO010)

Classic Risotto with Variations - Learn the art of making a versatile risotto base from which you can make a multitude of risottos, such as a Venetian Seafood, Southwestern, Wild Mushroom, and even a risotto with leftovers. You get to choose which one you'll be doing as your cook along.

01/08 1 session (F)
5:30-6:30 PM Online
Course Fee: \$29

The Culture of Coffee with Cafe Real

Eduardo Garces (A-COO020)

In this course, learn the basics of coffee agriculture, the green coffee trade, coffee roasting, and the different extraction methods.

03/01 to 03/15 3 sessions (M)
6-8 PM Online
Course Fee: \$29

COOKING

Foodways at Stanley-Whitman House with Dennis Picard

Stanley-Whitman House (A-COO009)

Food in colonial times was much different compared to what we eat today. Religious beliefs, traditions, geography, growing season, harvest, and cooking methods all played a role in what was available and how much was eaten with each region developing their unique dietary habits.

A) Maple Day! Maple Sugaring - At Stanley-Whitman House, historic interpreter Dennis Picard will demonstrate how to tap a maple tree for its sap and then evaporate the sap over an open fire as part of the sugaring process. Dennis will share anecdotes of this time-honored tradition by indigenous peoples of the Eastern Algonquin Peoples of the lower CT River Valley and then later by English colonists in New England.

B) Hearth Cooking: Irish Colonial Cooking - Focus on the foods and challenges of the Scotch-Irish that were part of the last major wave of British immigrants to the colonies in 1720-1775 seeking economic betterment and escaping severe economic hardships. Dennis will prepare a typical breakfast of toasted bread, cheese, "leftover" meat, or vegetables. Learn about a standard breakfast dish made of soured milk or boiled grains made, modified, and eaten by backcountry settlers of all ages.

A) 02/28 1 session (Su)
B) 03/07 1 session (Su)

12-4 PM Stanley Whitman House
Course Fee: \$25 each

CLASS MATERIALS

Supplies for some online courses will be available for pickup at the **Farmington Continuing Education** office located at **1 Depot Place in Unionville.**

Information about pickup dates and times is listed in the course description!

FINANCIAL & RETIREMENT

The Truth About Medicaid Rules and Long-Term Care Costs

Brendan Daly (A-FIN009)

In this course, learn the truth from an experienced elder law attorney. Walk away understanding how you can properly protect your life savings, as well as how Medicaid can help you pay for long-term care costs. Learn strategies to protect your money should a crisis arise. Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be covered.

03/11 1 session (Th)
6-7:30 PM Online
Course Fee: \$19

Social Security Changes: The Impact on Your Retirement

Michael Alimo (A-FIN002)

Retirement is one of the most important life events many of us will ever experience. When to collect Social Security may be the single most important decision you make in the context of planning your retirement. This is a great opportunity to learn KEY CONCEPTS you need to know BEFORE applying for Social Security. Depending on your age, Social Security filing strategies may boost lifetime benefits and increase retirement income by tens of thousands. Always consider Social Security payout as a component of your retirement plan.

02/17 1 session (W)
6-7 PM Online
Course Fee: \$15

Empowering You Through the Probate Process

Bryan Etter (A-FIN001)

Death in the family? Want to protect your loved ones from the evils of Probate? The Probate process can cause confusion and stress during a sensitive time in your life. Allow Attorney Bryan Etter to help guide you through the steps of the Probate Process, and introduce you to the precautions to take to give your family the peace of mind it deserves during a difficult time.

02/10 1 session (W)
6-7:30 PM Online
Course Fee: \$19

Special Needs and Disabilities: Helping a Loved One (or yourself) Live the Best Life!

Colleen Masse (A-FIN011)

Come learn from a Connecticut special needs planning attorney who knows how to safeguard the more complex rights and interests of those with disabilities and special needs. Learn about housing options, employment, and public benefits, as well as valuable planning tools, like ABLE accounts and special needs trusts, that can help you preserve your money and not jeopardize eligibility for public benefits. Walk away with knowledge on how to create a financial plan that works now and in the future.

03/31 1 session (W)
6-7:30 PM Online
Course Fee: \$19

Veteran's Benefits - What You Need to Know!

Steve Rubin (A-FIN015)

This course will highlight the programs and services that are available to our veterans, with or without disabilities, and how to qualify for them, even if at first glance, they do not meet the financial requirements.

03/31 1 session (W)
6:30-7:30 PM Online
Course Fee: \$15

Medicare Basics Get the Facts!

Dan Dempsey (A-FIN015A)

During this course, learn the differences between Medicare and other health coverage, what is Original Medicare and are there other options, is Original Medicare enough health coverage, what are Medicare Parts A, B, C, & D, are prescriptions covered, how much will it cost and are there deadlines to enroll? Become educated on Medicare Advantage Plans, Part D prescription drug plans, and Medicare Supplement plans. The advantages and disadvantages will be discussed in an easy to understand manner.

02/04 1 session (Th)
6-7:30 PM Online
Course Fee: \$15

Empowering Women in Retirement

Michael Alimo (A-FIN013)

Get educated on the most common Social Security mistakes, learn how to avoid them, and how to maximize this benefit through need-to-know strategies developed to prevent outliving your hard-earned money in retirement. Create a legacy plan that protects you, your spouse, or your heirs from the IRS and probate courts. Learn about protecting your money from market volatility and the dozens of options available to you.

02/24 1 session (W)
6:30-8 PM Online
Course Fee: \$19

ABC's of Government Benefits for Your Loved One with Special Needs

Stuart Hawkins (A-FIN020)

Gain a greater understanding of the various government benefits available to your loved one. Detailed discussions on how to qualify, maximize, and preserve benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicaid, Medicare, and the ABLE Act will be included.

01/20 1 session (W)
6:30-8 PM Online
Course Fee: \$19



There are over 100 ONLINE Career Training and Development courses to choose from. There are 12 sessions per course over a 6 week period. A new course begins each month.

Visit www.ed2go.com/farmington or careertraining.ed2go.com/farmington

FINANCIAL & RETIREMENT

Protecting Assets as You Age

Bryan Etter (A-FIN012)

Several options can be implemented which can help preserve your assets over time. Preemptive planning options discussed in this course can result in positive outcomes - probate avoidance, preservation of funds for the family, and a seamless transition into state-funded programs to ensure proper medical care. But like most things in life, there are positives and negatives to each of the options. We will compare and contrast the different options you can enact to help protect your assets as you age.

02/03 1 session (W)
6-7:30 PM Online
Course Fee: \$19

Savvy Social Security Planning for Baby Boomers

Retirement & Money Strategies (R-FIN004A)

This course 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 options in making this financial decision.

03/23 1 session (T)
6:30-8 PM Online
Course Fee: \$19

What is a Trust and Do I Need One?

Jeff Rivard (A-FIN010)

In this course, we will explain how trusts are created, the different types of trusts, and go over who you should choose to participate. Walk away knowing how to use trusts to minimize and/or avoid taxes, protect assets, keep public benefits for loved ones with special needs, and how to avoid probate court. Leave this course with an understanding of how to use these powerful planning tools to your advantage.

03/18 1 session (Th)
6-7:30 PM Online
Course Fee: \$19

You Need to Have an Estate Plan! Learn Why?

Ruth Fortune (A-FIN008)

Decide how your estate is divided, who is responsible for your care, who gets custody of your children, and so much more! Learn from an experienced elder law attorney about important documents EVERY ADULT should have, such as wills, trusts, powers of attorney (POA), and healthcare directives. Walk away knowing what these all documents are for and what you need to do to create them. Arm yourself with information about the probate process and how it works, even if you already have an estate plan.

03/04 1 session (Th)
6-7:30 PM Online
Course Fee: \$19

ABLE Accounts: How Someone with a Disability Can Save for Their Future

Stuart Hawkins (A-FIN021)

Learn the ins and outs, and pros and cons of this exciting new planning tool, and its tax advantages for individuals and families with special needs.

02/03 1 session (W)
6:30-8 PM Online
Course Fee: \$19



Pilates

Rob Schrader (A-FIT013)

Exercises focus on the core muscles which include the abs, back, glutes, and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had.

01/12 to 03/23 11 sessions (T)
6-6:45 PM Online
Course Fee: \$85

Tighten & Tone

Allison McClain (A-FIT016)

Get the endorphins flowing in Tighten and Tone. A Pilates-based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through bodyweight resistance to improve balance and stamina. Top off a successful class with a rewarding full-body stretch to seal in all your hard work.

01/13 to 03/24 11 sessions (W)
5:45-6:30 PM Online
Course Fee: \$89

Total Body Barre

Allison McClain (A-FIT010)

Total Body Barre combines strength, endurance, and flexibility for a complete workout designed for maximal toning and sculpting.

01/11 to 03/22 9 sessions (M)
5:45-6:30 PM Online
Course Fee: \$79

Mindful Movement for the Body and Brain

Martha Rouleau (A-FIT031)

Practice movement that incorporates gentle yoga as well as movement that integrates the left and right side of the brain for calming and feeling gathered. Allow your body to begin the week feeling both energized and restored.

01/14 to 02/04 4 sessions (Th)
5-6 PM Online
Course Fee: \$39

WANT TO TEACH A COURSE?

Share your interest or talents with others! Complete a Course Proposal Form available at www.fpsct.org/fce

REGISTER ONLINE AT WWW.FPSCT.ORG/FCE 9

FITNESS

Zumba®

Alyson Grisham (A-FIT021A)

Zumba® is a dance-based fitness course that uses a combination of Latin and international music. It's a cardio-based workout that offers some components of resistance/sculpting training to tone your entire body from top to bottom and from inside out. It's fun, easy and a type of exercise you will want to do every day. The music, the steps, the moves, and the feel are unlike anything you have ever experienced before. The course is designed for everyone. If you can move, you can Zumba®! **Attend online through Zoom or in-person.**

01/11 to 03/15 **8 sessions (M)**
6-7 PM **West Woods - Cafe**
Course Fee, Senior Fee (65+): \$85, \$75

Zumba® with Carla

Carla Hazzam (R-FIT015A)

Zumba® combines dance and fitness moves. Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. **Attend online through Zoom or in-person.**

02/03 to 03/17 **7 sessions (W)**
6:30-7:15 PM **Farmington High - Rm 605**
Course Fee, Senior Fee (65+): \$65, \$55

Simple Stretches with Chair Exercises

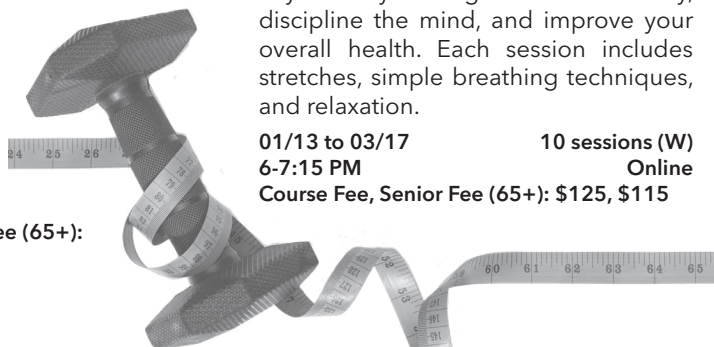
Amy Perales (A-FIT022)

Experience a soft, simple stretch for the mind and body. Lose yourself in the music as you stretch from head to toe (part of this course stretches in a chair). This course is wonderful for those who are less mobile and not as flexible. Come exercise in a setting with support from other participants.

A) 02/03 to 03/10
6 sessions (W)

B) 03/31 to 05/05
6 sessions (W)

12:30-1:15 PM
Spotlight Art, Dance & Wellness
Course Fee, Senior Fee (65+):
\$59, \$55 each



Pilates

Nancy Pandolfo (A-FIT031A)

With an emphasis on breathing, core conditioning, and body awareness, Pilates essential mat exercises are a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. Built upon the essence and principles of Joseph H. Pilates, all exercises are performed on a mat with a focus on core stability, including pelvic and shoulder girdle stabilization, neutral alignment, and patterned breathing. Pilates exercises will leave you looking toned, feeling revitalized, and moving with ease!

01/16 to 03/20 **10 sessions (Sa)**
10-11 AM **Online**
Course Fee, Senior Fee (65+): \$99, \$89

Essentrics® - Release, Rebalance, Restore for Strength and Flexibility

Debbie Trovato (A-FIT001)

Essentrics® is a dynamic, yet gentle, full-body program that activates all your muscles. This scientifically designed, age-reversing workout re-balances your body by working through your muscle chains to stretch and strengthen, release tension, and relieve chronic pain.

A) 01/14 to 02/11 **5 sessions (Th)**
REVISED
Course Fee, Senior Fee (65+): \$65, \$58

B) 03/04 to 04/08 **6 sessions (Th)**
Course Fee, Senior Fee (65+): \$79, \$69

6-7 PM

First Church of Christ, Unionville

Yoga

Migdalia Merriman (A-FIT004A)

Focus on the basics of yoga - for all ages and conditions. Increase your flexibility, reduce stress, and bring a sense of calm to your busy life. Yoga will tone the body, discipline the mind, and improve your overall health. Each session includes stretches, simple breathing techniques, and relaxation.

01/13 to 03/17 **10 sessions (W)**
6-7:15 PM **Online**
Course Fee, Senior Fee (65+): \$125, \$115

Exploring Yoga

Emily Kelaher (A-FIT008A)

This course is perfect for those new to yoga or those looking for a slower-paced practice, offering a safe and welcoming environment to explore yoga's many benefits. Breathwork, a brief meditation, warm-ups, poses to increase strength, flexibility, balance, and new poses will all be explored!

01/25 to 03/22 **8 sessions (M)**
6:30-7:30 PM
First Church of Christ, Farmington
Course Fee, Senior Fee (65+): \$99, \$89

Tai Chi 24 Form - Beginner

Cynthia Hoag (A-FIT027)

Learn the complete sequence of the Tai Chi 24 Form, as is practiced in many countries as a daily exercise/relaxation regimen. This course is tailored for the beginner, with each movement being taught and added sequentially throughout 10 classes. The focus will be on shifting the weight between steps and coordinating/connecting movements. A short meditation will be done at the end of class if time permits.

03/31 to 06/02 **10 sessions (W)**
6-7 PM **Online**
Course Fee, Senior Fee (65+): \$109, \$99

Yoga, Meditation, and Journaling to Set Intentions for the New Year

Martha Rouleau (A-FIT030)

Simple movement and easy guided meditation will allow you to deepen into the quiet wisdom that resides in you. From this place, through simple journaling and prompts, your intentions for how you want to live and be as the 2021 year unfolds can emerge to our eyes and heart. No prior experience is needed. Come with an open heart and curiosity.

01/23 **1 session (Sa)**
9:30-11 AM **Online**
Course Fee: \$25

EARN YOUR HIGH SCHOOL DIPLOMA!

FREE courses for residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington, and Harwinton!

see page 5

Tai Chi 24 Form - Advanced

Cynthia Hoag (A-FIT028)

Using QiGong movements as a warm-up, we will break-down and review the 24 form Tai Chi movement sequence and the meaning/use of the Yang style movements. We will continue to focus on shifting weight during movements (movement refinement) and some individual practice in class will be included. Flow and breathwork will be introduced, which will bring you toward inner peace, moving stuck energy, and finding the mind, body, and spirit connection. A short meditation will be done at the end of class, time permitting.

For students with previous experience with Tai Chi.

03/31 to 06/02 10 sessions (W)
7:15-8:15 PM

Farmington Community & Sr Ctr - Rms A & B
Course Fee, Senior Fee (65+): \$109, \$99

Intro to Tai Chi (8 Form)

Cynthia Hoag (A-FIT026)

Are you interested in learning a simple Tai Chi form? Then the Intro to Tai Chi (8 Form) class is for you! It's easy enough to learn virtually in the comfort of your home, with no experience necessary. Tai Chi helps to maintain your energy systems, improve your balance, stamina, and reduce tension and anxiety. Tai Chi practiced as regular exercise can help keep you grounded and centered, as well as lift your spirits! The 8 movement Tai Chi form is taught along with QiGong exercises to help cultivate Qi energy, improving one's health.

01/20 to 03/10 8 sessions (W)
6-7 PM Online

Course Fee, Senior Fee (65+): \$89, \$79

Body Sculpting

Nancy Pandolfo (A-FIT030A)

Body Sculpting is a cardiovascular strength training class that shapes and tones the entire body and helps prevent osteoporosis. No dancing, jumping, or jazzing, just results! Accommodates beginner to advanced fitness levels. Work out at YOUR own pace!

01/11 to 03/15 10 sessions (M)
4:30-5:30 PM Online

Course Fee, Senior Fee (65+): \$99, \$89

Zumba®

Alyson Grisham (A-FIT021A)

Zumba® is a dance-based fitness course that uses a combination of Latin and international music. It's a cardio-based workout that offers some components of resistance/sculpting training to tone your entire body from top to bottom and from inside out. It's fun, easy and a type of exercise you will want to do every day. The music, the steps, the moves, and the feel are unlike anything you have ever experienced before. The course is designed for everyone. If you can move, you can Zumba®! **Attend online through Zoom or in-person.**

01/11 to 03/15 8 sessions (M)
6-7 PM West Woods - Cafe

Course Fee, Senior Fee (65+): \$85, \$75

Zumba® with Carla

Carla Hazzam (R-FIT015A)

Zumba® combines dance and fitness moves. Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. **Attend online through Zoom or in-person.**

02/03 to 03/17 7 sessions (W)
6:30-7:15 PM Farmington High - Rm 605

Course Fee, Senior Fee (65+): \$65, \$55

High Interval Training

Maggie Downie (A-FIT015)

Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high-intensity class. We'll focus on endurance training, strength training, and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries.

01/13 to 03/24 11 sessions (W)
7:45-8:30 AM Online

Course Fee: \$89

Full Body Refresh

Maggie Downie (A-FIT014)

This gentle yet invigorating class is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. Moves can be completed while standing, sitting, and lying down. We move all your parts from your head to your toes in ways that feel so good you won't want to stop, and we stimulate the muscles, tendons, and fascia (connective tissue), so every part of you is ready to start the week.

01/11 to 03/22 9 sessions (M)
8-8:45 AM Online

Course Fee: \$79

Bolly X Low Impact

Nikki Moore (R-FIT017A)

Bolly X is a Bollywood-inspired dance-fitness program. We combine dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated. We embody the infectious energy, expression, and movement of Bollywood and aim to expand the reach of fitness to more people worldwide. The Low Impact version has all of the fun and swag but limits the high impact moves.

01/18 to 02/22 6 sessions (M)
5:30-6:30 PM Online

Course Fee: \$79

Bolly X & Tone

Nikki Moore (R-FIT016A)

This is an effective workout that leaves your body feeling awesome. You will have a new appreciation for a whole new culture of music and dancing while enjoying a full-body workout. Topics to be covered include, but are not limited to: music and dance moves from three primary genres (Bhangra from the Punjab region, Folk from the Rajasthan, Gujarat, and Maharashtra region, and Bollywood from the Mumbai region); cardio and body-weight exercises for the entire body; and stretching and flexibility.

01/19 to 02/23 6 sessions (T)
6:15-7:15 PM Online

Course Fee: \$79

**DON'T
DELAY!**

We encourage you to register early.
It can often make or break a course!

FITNESS

Group Indoor Rowing

The Zoo Gym Simsbury (A-FIT020)

Similar to spinning, Group Indoor Rowing has become the best way to get a full-body workout using every major muscle group reducing stress on your joints and body. Each class is an hour long, focusing on burning fat and improve cardio, strength, and overall fitness while having fun! Classes are offered to all experience levels and each rower will work at their intensity. Enjoy a variety of indoor rowing workouts.

A) 01/25 6 sessions (MWF)
B) 03/10 6 sessions (MWF)

9:30-10:30 AM
The Zoo Health Club, Avon
Course Fee: \$65 each

Cardio Fitness

Rita C Johnson (A-FIT012)

A friendly exercise program that combines low-impact aerobics with stretching, strength training, and routines to improve flexibility, muscular strength, balance, and cardiovascular fitness. Previous punch cards purchased can be used.

A) 01/20 to 02/24 14 sessions (MWF)
REVISED
Course Fee, Senior Fee (65+): \$105, \$95 each

B) 03/08 to 04/23 20 sessions (MWF)
Course Fee, Senior Fee (65+): \$149, \$135 each

9:15-10:15 AM
First Church of Christ, Farmington
Punch Card (20 punches): \$165

Chair Yoga with Chris Bailey (online)

Christine Bailey (A-FIT042)

Using a chair as a prop, we will explore fun yoga poses, including Seated Sun Salutations, Seated Warrior I, and many more in this ONLINE course. Being seated and supported in our practice allows us to explore poses more deeply. Practicing together, though not in the same room, will bring you connection, movement, breath, and a welcome break from your daily routine.

A) 01/11 to 02/15 6 sessions (M)
B) 03/08 to 04/12 6 sessions (M)

4-5 PM Online
Course Fee, Senior Fee (65+): \$65, \$55 each



Refuge from Stress

Christine Bailey (A-FIT019)

For many of us, relaxation and letting go of stress is not easy. In this course, we will explore bringing your studio Restorative Yoga practice home. Using yoga props, or similar options found in your home, we will create a practice that you can build into a daily habit. An important outcome will be creating your own peaceful space, collecting and exploring props, and experiencing Restorative Yoga in your home so you can offer yourself the beneficial 20-min per day of relaxation to let go of some held tension and take care of your wellbeing.

A) 01/11 to 02/15 6 sessions (M)
B) 03/08 to 04/12 6 sessions (M)

7:30- 8:30 PM Online
Course Fee, Senior Fee (65+): \$59, \$49 each

Core Strength

Rob Schrader (A-FIT017)

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your body weight to improve strength, flexibility, balance, and stamina to sculpt and tone.

01/14 to 03/25 11 sessions (Th)
6-6:45 PM Online
Course Fee: \$79

FITNESS COURSES

Fitness courses can be strenuous. Consult a physician before enrolling. By enrolling in these courses, you indicate you have no physical conditions that would make your participation hazardous to your health!

HEALTH & WELLNESS

QiGong: Calm Your Mind, Heal Your Body

Risa Gaull Brophy, BS, MQT (A-HEA001)

Feel all your tension melt away as you calm your mind and revitalize your energy with the deep breathing and slow, flowing movements of these ancient Chinese healing exercises. QiGong ("Chee-Gong") means "Energy Work", and is a gentle system of exercises that balance Qi (vital energy) in the body for a calm mind and vibrant health! Learn simple exercises everyone can do in just a few minutes a day to relieve stress, reduce pain and stiffness, improve sleep, boost immune function, increase energy, and improve overall health.

01/27 to 03/03 6 sessions (W)
10-10:45 AM Online
Course Fee, Senior Fee (65+): \$55, \$49

Healing with the Angels

Shari Dorman (A-HEA014)

This is an Integrated Energy Therapy (IET) energy work course created by The Center of Being, Inc. We will be working with the 9 healing angels within the IET energy work (Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael). Learn a special prayer of invitation, use an angelic heart link, and connect with angels who bring support in their healing journey. Upon completion of the course, students will receive a letter from The Center of Being, Inc.

REVISED TIME AND FEE
03/03 to 03/31 5 sessions (W)
6:30-8:30 PM Online
Course Fee: \$95

Should I Stay or Should I Go? Relationship Support For Women

Risa Gaull Brophy, BS, MQT (A-HEA002)

If you are frustrated and unhappy in your relationship, and asking yourself the question, "Should I stay or should I go?"... join us for this confidential online course for women, "3 Steps to Finding the Ultimate Relationship Clarity!" Find out the #1 question you need to ask yourself to see if your relationship can be healed. Discover what keeps you stuck. Determine how you know when it's time to go.

02/13 1 session (Sa)
12-1 PM Online
Course Fee: \$15

HEALTH & WELLNESS

Introduction to Runes Magic Workshop

Dina Karpukov (A-HEA007)

This course will introduce you to the concept of Runes Magic. We will discuss what Runes Magic is as well as its history, how it works, as well as its meaning and purpose. Additionally, we will cover: 24 Energy vibrations known as Runes, different Runes set patterns, Elder and Younger Futhark, the hidden meanings of Runes for personal growth, the interpretation of Runic symbols for every day reading, and Runic Amulets and talismans

02/03 to 02/24 **4 sessions (W)**
7-8 PM **Online**
Course Fee: \$45

Mindfulness in Everyday Life

Linda Pountney (A-HEA008A)

Introduction to Mindfulness will transform your life. Learn practices to reduce anxiety, insomnia, and depression. Simple self-care tools will be introduced for you to use every day to manage stress. Don't let fast-paced environments dictate your inner calm!

01/26 **1 session (T)**
6-7:30 PM **Online**
Course Fee: \$39

What Color is Me?

Shari Dorman (A-HEA013)

Have you ever wondered why you are drawn to certain colors or why some colors can make you feel a certain way? During this interactive course, explore why color is so important in our lives, the ways that colors influence and enhance our health and well-being every day, and the relationships between colors and the chakras. Learn a color breath and visualization exercise and finish with a color meditation.

02/17 **1 session (W)**
6:30-8 PM **Online**
Course Fee: \$29

ESL COURSES
 English for Speakers of Other Languages DAY and EVENING courses for adults are available!
see page 5

Herbal Medicine Making

Dina Karpukov (A-HEA009)

Want to learn more about how to use plants for healing? Herbs have been used for thousands of years by cultures around the world as medicine, protection, and more. In this course, learn the basic techniques for making potent and safe medicines in your kitchen - herbal teas, tinctures, infusions, decoctions, vinegar, vinegar essence, infused honey, and honey ups.

03/10 **1 session (W)**
7-9 PM **Online**
Course Fee: \$45

Aroma-Enhanced Mindfulness

Linda Pountney (A-HEA030)

Learn simple mindfulness practices to achieve balance and relieve stress. This class is based on the 8-week Mindfulness-Based Stress Reduction (MBSR) course and can be used throughout the day. MBSR is the gold standard in Mindfulness. When you combine Aromatherapy with Mindfulness, you can achieve maximum benefit for anxiety, stress, and sleep. The synergistic effects are increased and optimal relaxation can be quickly reached.

A) 01/13 **1 session (W)**
B) 04/07 **1 session (W)**
6-7 PM **Online**
Course Fee: \$35 each

HOMES & GARDEN

Window Replacement Workshop

Paul O'Doherty (A-HOM001)

Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl, Composite. How much should I pay for a good quality window? Confused? Don't be! Come learn from a local experienced Master Carpenter. This virtual replacement window workshop will compare products, pricing, and show you how windows are properly installed. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

03/25 **1 session (Th)**
7-9 PM **Online**
Course Fee: \$29

Saving Energy (& Money) This Winter!

Susannah Shmurak (A-HOM002)

Get your home ready for the heating season with these simple ways to make your house more energy-efficient and save money on your power bill. This class will cover the easiest energy-saving tweaks you can make and also provide information on more complex projects like insulation, heat pumps, and solar power.

01/19 **1 session (T)**
7-8:30 PM **Online**
Course Fee: \$35

Plants I Love - From the Eyes of a Landscape Designer

Kaitlyn Larson (A-HOM003)

This course will walk you through an assortment of annuals, perennials, trees, and shrubs that have been tried and tested in landscapes in CT for years. Learn about the pros and cons of the plants being showcased and why they are loved in CT gardens. You will have an opportunity to ask questions and dive into the why and why not of different plants. In the end, you will be able to walk into a Garden Center with more confidence and knowledge that you are selecting exactly the right plants for your dream garden.

03/30 **1 session (T)**
6:30-8:30 PM **Online**
Course Fee: \$25

SCHOOL CANCELLATION

Online courses will NOT be canceled on inclement weather days when schools are closed. If an instructor needs to cancel a course for personal reasons, they will notify registrants and the course will be rescheduled.

LANGUAGE

Conversational English & Comprehension Practice

Michelle Foerstch (A-LAN002)

Practice your conversational skills and sharpen your reading comprehension by reading articles on an array of topics and discussing those topics with your peers. An interesting and informative way to increase your vocabulary and practice conversation in a natural setting. **For English Language Learners (ELL)**

01/26 to 04/06 10 sessions (T)
5-6 PM Online
Course Fee, Senior Fee (65+): \$109, \$99

Spanish for Beginners

Cruz Saubidet (A-LAN032)

Whether it is for work, travel, or just plain fun, this course will help you learn the basic conversational skills of Spanish. Emphasis will be on communication and writing for everyday expressions.

03/22 to 05/17 8 sessions (M)
6-7:30 PM Farmington High - Rm 901
Course Fee, Senior Fee (65+): \$99, \$89

Spanish Intermediate

Cruz Saubidet (A-LAN033)

In this intermediate Spanish course, you will improve your level of communication. Emphasis will be on the conversation as well as grammar, use of good verb tenses, vocabulary, and an introduction to the subjunctive. Spanish music and literature will also be used.

03/22 to 05/17 8 sessions (M)
7:30-9 PM Farmington High - Rm 901
Course Fee, Senior Fee (65+): \$99, \$89

German I

Elizabeth Bombach (A-LAN034)

This course will provide you with a solid foundation in the language, with vocabulary useful for the traveler. Materials are designed to supply copious oral practice and will supplement the required textbook. For each chapter there will be a packet containing oral and written exercises to be printed.

03/17 to 04/14 5 sessions (W)
5-6:30 PM Online
Course Fee: \$79

German III

Elizabeth Bombach (A-LAN036)

This is a continuation of German II and will provide additional instruction in the German language. Materials are designed to supply copious oral practice will supplement the required textbook. For each chapter there will be a packet containing oral and written exercises to be printed. Prerequisite: German II or previous knowledge of the German language.

01/06 to 02/03 5 sessions (W)
7-8:30 PM Online
Course Fee: \$79

Adult Tap for Beginners

Amy Perales (A-MUS009)

Adult Tap offers the opportunity to exercise in a unique and fun way. Start with a gentle stretch, learn or review a tap step, work on techniques, and finish with a short tap combination.

A) 02/05 to 03/26 8 sessions (F)
7-7:45 PM

B) 02/05 to 03/26 8 sessions (F)
12-12:45 PM

Spotlight Art, Dance & Wellness
Course Fee, Senior Fee (65+): \$69, \$59 each

Music Lessons for Beginners (individual)

Thomas Furdon (A-MUS031)

Lessons are available in Acoustic/Electric Guitar, Electric Bass, Ukulele, Mandolin, or Music Theory and Improvisation (pop, blues, and jazz-oriented). Beginner lessons will introduce basic playing to beginners - no previous music knowledge is needed. Emphasis will be on learning skills by playing classic pop songs. Essential skills and basic note-reading are taught in a fun, supportive setting that allows for development at each student's pace.

A) 01/12 to 02/02 4 sessions (T)
B) 02/09 to 03/02 4 sessions (T)
C) 03/09 to 03/30 4 sessions (T)

12:30-9 PM Online
Course Fee: \$120 each

MUSIC, DANCE & DRAMA

Music Lessons for Intermediate/Advanced (individual)

Thomas Furdon (A-MUS032)

Lessons are available in Acoustic/Electric Guitar, Electric Bass, Ukulele, Mandolin, or Music Theory and Improvisation (pop, blues, and jazz-oriented). Intermediate/Advanced lessons for those who have some playing experience but need specific individual instruction to help advance their ability. Topics will include; skill level and musical goals, scales, chords, music theory, improvisation, and practice routines.

A) 01/13 to 02/03 4 sessions (W)
B) 02/10 to 03/03 4 sessions (W)
C) 03/10 to 03/31 4 sessions (W)

12:30-9 PM Online
Course Fee: \$240 each

Introduction to Harmonica

Michael Stone (A-MUS017)

For aspiring harmonica players, we will start with basic campfire-style songs, and move onto the blues. Just bring a harmonica in the Key of "C", and you'll be on your way.



01/12 to 02/16 6 sessions (T)
7-9 PM Online
Course Fee: \$99

Instant Guitar for Busy People

Craig Coffman (R-MUS002)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Sit at home with your guitar and take this course without any pressure and continue your practice and study on your own with the provided online materials and follow-up video lessons. The course is part lecture/demonstration and part hands-on instruction.

03/13 1 session (Sa)
1-3:30 PM Online
Course Fee: \$59

Take a **L O O K** ... more German courses are available on our website - www.fpsct.org/fce!

MUSIC, DANCE & DRAMA

Instant Piano for Busy People

Craig Coffman (A-MUS003)

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. Sit at home in front of your keyboard or piano and take this course without any pressure and continue your practice and study on your own with the provided online materials and follow-up video lessons. The course is part lecture/demonstration and part hands-on instruction.

03/13 1 session (Sa)
9 AM - 12 PM Online
Course Fee: \$59

African Drumming for Beginners

Lance James (A-MUS016)

Journey along the road to learning not only how to play the African Drum but understanding its origin and connectivity to the world today. You will take away from this course what you bring to it - the more you give of your knowledge, the more you will be open to receiving knowledge. The intention is not complex. Come encounter the African Diaspora Experience through African Drumming!

03/24 to 05/05 6 sessions (W)
6:30-7:30 PM Online
Course Fee: \$65

African Drumming ... Continued

Lance James (A-MUS016)

This course offers more hand exercises and rudimentary skills useful to help you develop speed and accuracy. Memory is always a problem when it comes to recalling rhythms. To improve on memory, practicing every day is important, sometimes even twice a day, those rhythms that give you the most trouble. You will receive short videos of each rhythm presented to you throughout the course. **For students who have taken the African Drumming for Beginners course or have previous experience with African Drumming!**

02/03 to 03/10 6 sessions (W)
6:30-7:30 PM Online
Course Fee: \$65

Belly Dancing for Beginners

Carla Hazzam (R-MUS001)

Does the allure and mystique of far-off lands appeal to you? Are you looking for a fun workout that challenges both your mind and body? Well, belly dancing offers all that and more! Along with exercise, belly dancing instills confidence, muscle awareness, and a sense of accomplishment. Be prepared for a low-impact, gently aerobic, and creative experience. **Attend online through Zoom or in-person.**

02/03 to 03/17 7 sessions (W)
7:20-8:05 PM Farmington High - Rm 605
Course Fee, Senior Fee (65+): \$65, \$55

Line Dancing - Beginner

William Belejack (A-MUS004)

Line dancing is healthy for both the body and the mind, as well as a lot of fun! This is a great opportunity to learn how to line dance while having a good time. Each week, the degree of difficulty will gradually increase for both the dances and critiques. Come alone or with a partner!

03/22 to 05/17 8 sessions (M)
6:30-7:30 PM Farmington High - Cafe
Course Fee, Senior Fee (65+): \$85, \$75

Ballet for Seniors & Adults

Bonnie Flattery (A-MUS001)

Ballet is a fun way to exercise. It's all about movement! Enjoy rhythm while dancing to music using ballet technique. The advantage of dance and movement programs like ballet is that you can go at your own pace. The value of using a chair is that participants can stop and rest while continuing with their arm movements. The focus will be on body alignment, natural movements, building strength, increasing balance, and stability. Through good body alignment, posture is improved, while strength and balance are gained through movement. A touch of Jazz and Modern will be included.

A) 02/04 to 03/11 6 sessions (Th)
5:30-6:30 PM Online

B) 03/20 to 05/06 6 sessions (Th)
6:30-7:30 PM Irving Robbins - Cafe

Course Fee, Senior Fee (65+): \$69, \$59 each

NATURE & OUTDOORS



Preparing for a Long-Distance Hike

Ken Sgorbati (A-NAT006)

This course will provide practical guidance on the importance of long-distance hiking considerations. Topics will include gear selection, fitness training, route planning, food resupply, health and safety considerations, and backpack weight.

02/16 to 03/02 3 sessions (T)
6-8 PM Online
Course Fee: \$15

Introduction to Astronomy

Ronald Zincone (A-NAT003)

Does the Cosmos fascinate you? Do you often find yourself staring up at the night sky with jaw-dropping awe? Would you like to learn more about our cosmic neighborhood? Well, then it's time to hop on board the cosmic express and take a journey from our precious planet earth to Pluto and our Kuiper Belt zone! Learn about the cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more!

03/16 1 session (T)
6-9 PM Online
Course Fee: \$49



CITIZENSHIP

Courses offered for residents preparing for the naturalization process to obtain U.S. Citizenship!

see page 5

NATURE & OUTDOORS

Introduction to Basic Boating

Current Boating Education (A-NAT006A)

A complete updated safe boating/ personal watercraft certification (PWC) course taught in one day. This course includes the newest requirement for towing skiers and tubers. Successful completion will allow the student to purchase a Connecticut Certificate of Personal Watercraft Operation with Waterski Endorsement, which enables them to operate any recreational vessel up to 65 feet in length and a PWC with some age restrictions for younger operators.

02/28 1 session (Su)
8:30 AM - 4:30 PM
Farmington Community & Sr Ctr - Rms A & B
Course Fee: \$75

Maple Syrup Demonstrations

Flanders Nature Center (A-NAT010)

This is the perfect chance to experience a New England tradition. Participants will be fascinated by the maple sugar-making process at our fully-functioning Sugar House. Get the full sensory experience as you learn the history and folklore of maple sugaring. Learn how to identify sugar maples, use the tools involved, and taste the final product.

03/13 1 session (Sa)
11 AM - 12 PM Flanders Nature Center
Course Fee: \$15

Year-Round Hiking Club

Come explore the forest wilderness to a challenging summit, a quiet river, or a local park with the Summit Hiking Club, a dedicated group of avid hikers, nature lovers, and outdoor adventurers. Hiking improves your brain health, weight management, reduces disease, strengthens bones and muscles, and improves your ability to do everyday activities.

Purchase a Hiking Club Punch Card (good for 10 hikes) for \$99!

www.fpsct.org/fce

PERSONAL ENRICHMENT

From Memory to Memoir: Writing Your Life Story

Susan Omilian (A-PER007)

Turn memories of significant events in your life into a memoir for your children and grandchildren. Learn where to start, how to get organized, and keep going until you finish. Get tips on pictures and documents to include and how to self-publish your story. No previous writing experience is required.

03/04 to 03/25 4 sessions (Th)
6-7:30 PM Online
Course Fee, Senior Fee (65+): \$59, \$55

Safe and Secure Online

Mark Zammatt (A-PER013)

Designed by the Center for Cyber Security, this course will provide practical advice for keeping people safe online through a variety of topics and scenarios. With the increased use of the internet for work, school, and shopping needs, this important course is not one to miss!

03/09 1 session (T)
6-7 PM Online
Course Fee: \$15

Introduction to Grant Writing

Rebecca Tuttle (A-PER015)

This course teaches you the basics of writing a grant with creative ways to make your grant application stand out among the competition. A well-written grant requires three important skills that, once applied can help you grow your grant portfolio one award at a time.

02/01 1 session (M)
6:30-8 PM Online
Course Fee: \$25

Fundraising in a Pandemic

Rebecca Tuttle (R-PER017)

Fundraising in a global pandemic has many organizations left panicking. Having to recreate, eliminate, or even abandon their fundraising altogether. Learn how you can encourage people to give to your organization, school, or nonprofit through creative social distance fundraising.

03/22 1 session (M)
6:30-8 PM Online
Course Fee: \$25

Grant Writing for Business

Rebecca Tuttle (R-PER013)

We have seen a 90% increase in grant funding for business since the pandemic began with more opportunities popping up for business grants daily. There has never been a better time to get started in grant writing for business. These grant opportunities go beyond the PPP program and can accelerate your business development goals.

03/01 1 session (M)
6:30-8 PM Online
Course Fee: \$25

Learn your Camera's Creative Modes and Say "Goodbye to Auto"

Ronald Zincone (A-PER010A)

This exciting course will help you understand and teach you 35mm photography by learning just two modes! That's right - two camera modes that will take care of 90% of your photographic subjects! Learn the basic recipe known as "the photographer's triangle" while exploring your 35mm DSLR camera - your tool for creating and capturing your art with hands-on instruction. The goal is to get off the auto settings and learn to gain creative control of our camera.

02/09 1 session (T)
6-9 PM Online
Course Fee: \$49

Voice-Overs: Now Is Your Time!

Such A Voice (A-PER009)

Learn how you can begin using your speaking voice for commercials, films, videos, and more! In this introductory course, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your terms, on your turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game-changer you've been looking for. In addition to online instruction, you will be allowed to book a one-on-one script read and voice evaluation via telephone with your instructor for the following day.

02/04 1 session (Th)
6:30-8:30 PM Online
Course Fee: \$29

PERSONAL ENRICHMENT

Supporting Your Social Distance Learner

Rebecca Tuttle (R-PER015)

Learning differences present a huge challenge, as we adapt to the unfamiliar of social distance learning. Transitioning from the physical classroom to virtual learning was instantaneous with little information to help students acclimate to the social impact of the academic disruption. Learn several motivating ways to support children in developing academic home routines centered around social distance learning with differentiated learning needs.

02/22 1 session (M)
6:30-8 PM Online
Course Fee: \$25

Introduction to Photographic Composition

Ronald Zincone (A-PER011)

"I understand how to use my camera but how do I compose my images?" You will be introduced to the art side of photography known as "composition". This course will guide you to developing "a photographer's eye" in which you will better your imagery by learning how to "see" composing elements such as good light, shapes, forms, lines, patterns, colors, angles, and much more.

03/09 1 session (T)
6-9 PM Online
Course Fee: \$49



INCLEMENT WEATHER POLICY FOR IN-PERSON COURSES

If Farmington Public Schools are closed for the day or close early, Farmington Continuing Education courses WILL NOT meet. If Farmington Public Schools have a delayed opening, courses WILL meet (unless told otherwise by the instructor). In case of a delayed opening or early closing, cancellations will also be announced on TV channels NBC and WFSB. Canceled courses are postponed to a later date. Trips do not follow this cancellation policy.

The Nameless and the Faceless of the Civil War

Lisa Samia (A-PER010)

Receive a perspective of the Civil War that concentrates on the humanity of history. Based on my poetry/essay book *The Nameless and the Faceless of the Civil War*, this course will integrate the narrative of poetry in conjunction with actual Civil War events. The premise is that not everyone who experienced the Civil War made it into the history books. While I could not give these unknowns a name or a face I could give them a voice. Learn about the Civil War through the rhyme and narrative of the poetry.

02/11 to 03/18 6 sessions (Th)
7-8 PM Online
Course Fee: \$65

Intro to Voiceovers!

One-time, 90-minute introductory course!

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. Learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery.

90-minute session for \$49!

www.fpsct.org/fce

YOUTH ENRICHMENT

After School Art Club (K-4)

Carolyn Mitchell (Y-ART012)

Join artist Carolyn Mitchell, from the *Brush & Pallet*, for a chance to relax, create, chat and have fun with art! Have fun working with different mediums and projects like painting, marbelizing, drawing, and mixed media. Each week will bring something new and fun!

02/16 to 04/06 8 sessions (T)
4:15-5:15 PM Online
Course Fee: \$99

Woodworking (Ages 6-10)

Kids Corner (Y-ART010)

Kids Corner helps students create with wood ONLINE! Through guided instruction, we will start by making Popsicle-stick creations, then graduate to creating a birdhouse, catapults, a chalkboard, and more! Then, once built, paint or stain your new creations. Learn to safely use nails, hammers, and screwdrivers. All tools and all materials will be provided. Parent supervision is required when using tools.

01/12 to 02/02 4 sessions (T)
6-7 PM Online
Course Fee: \$99

Balloon Twisting (Ages 8+)

Neal Prete (Y-ART028)

Learn the two methods of twisting balloons along with balloon safety. Create different balloon shapes, such as dogs, swords, and hats! Specific requests will be accepted as well. A balloon kit, which consists of 1 balloon pump and a 100 count bag of professional balloons, is included.

03/18 to 03/25 2 sessions (Th)
7:15-8:15 PM Online
Course Fee: \$29

Kids Sewing - Fun with Fleece (Gr. 3-8)

Ashley Parker (Y-ART021)

Use your sewing skills to create two fun projects! Students will fold and sew a fabric origami pillow, in a 3D bowtie design as well as create a cowl neck sweatshirt with dropped sleeves and banded waist. All creations will be made with warm cozy fleece.

01/27 to 02/10 3 sessions (W)
4:45-6 PM Online
Course Fee: \$95

YOUTH ENRICHMENT

Art Journaling (Ages 10-16)

Carolyn Mitchell (Y-ART011)

Students can use this course, through the use of creativity, to express their feelings and help deal with the effects of stress. Similar to a written journal, students will receive a small blank art journal in which they will learn how to use paints, inks, and markers to bring the pages to life. Through drawing, coloring, and painting the things that mean the most to them, students will have a place to go to create and de-stress. A small journal with paints, inks, and markers are included.

02/04 to 02/25 4 sessions (Th)
4-5 PM Online
Course Fee: \$115

Jewelry Making (Ages 5-9)

Kids Corner (Y-ART008)

Our enthusiastic staff loves teaching the art of jewelry making! Earrings, bracelets, necklaces, and more! Classes focus on using your creative talents to create beautiful handmade pieces of jewelry.

02/04 to 02/25 4 sessions (Th)
6-7 PM Online
Course Fee: \$79

Magic with Everyday Objects (Ages 8+)

Neal Prete (Y-ART026)

Learn magic with everyday objects found around your house with NEATO the Magician. Additional magic tricks will be included. All the magic works automatically with no sleight of hand to practice. Enjoy a class filled with fun as you amaze your family and friends as well as yourself.

03/04 to 03/25 4 sessions (Th)
6-7 PM Online
Course Fee: \$49

Origami (Ages 8+)

Neal Prete (Y-ART027)

Learn origami using dollar bills, napkins, and paper. All the objects taught will be easy to learn. Origami paper and napkins are included.

03/04 to 03/11 2 sessions (Th)
7:15-8:15 PM Online
Course Fee: \$29

Register online at
www.fpsct.org/fce

ART-ventures in the Rainforest (Gr. K-4)

Art-Ventures (Y-ART002)

Journey into the world of parrots, jungle cats, snakes, red-eyed tree frogs, and more, and experiment with whimsical and original art forms and techniques. Create stained glass tigers, build rockin' rain sticks, paint ceramic turtles, design repoussé reptiles, and sculpt froggy light switch covers. Throughout the voyage art, adventurers learn about the importance of saving the rainforest and pick up super artist survival skills like printmaking, painting, collage, and journaling. They even make t-shirts using a unique and unusual oil pastel technique.

02/01 to 03/15 6 sessions (M)
4:15-5:15 PM Online
Course Fee: \$95

Babysitter CPR and Beyond! (Ages 11-15)

Terri Benoit (Y-BAB001)

This course will help students learn about infant/child CPR, basic first aid, and how to handle a medical emergency by assessing the scene and calling 911.

03/11 to 03/18 2 sessions (Th)
5:30-7:30 PM Irving Robbins - Rm 810
Course Fee: \$79

Babysitting Basics (Ages 11-15)

Terri Benoit (Y-BAB003)

Taught by an American Red Cross instructor, this course will prepare boys and girls to be responsible babysitters. Topics include supervision of children, accident prevention, first aid, caring and feeding of infants and children, and what to do in an emergency. Most importantly, your new knowledge and skills will make you a more confident babysitter - which is sure to be good for your business.

02/04 to 02/11 2 sessions (Th)
5:45-8:15 PM Irving Robbins - Rm 810
Course Fee: \$79



When I Am In Charge (Ages 8+)

Terri Benoit (Y-BAB002)

This unique course, taught by an American Red Cross instructor, is for boys and girls who are home alone. The course will cover all the safety concerns parents have when their children are by themselves, such as arriving home, responsibilities, phone and internet safety, fire safety, and much more!

01/14 1 session (Th)
5:45-7:15 PM Irving Robbins - Rm 810
Course Fee: \$55

ACT Bootcamp

Revolution Prep (Y-COL009A)

Join Revolution Prep for an ACT Bootcamp. This bootcamp is designed to give students insight, tips, and tricks for testing day, including what content is covered, how to avoid traps, and how to create the best plan for success. Upon registration, a student dashboard will be created for you with Revolution Prep.

01/30 1 session (Sa)
10-11:30 AM Online
To register, visit www.revolutionprep.com/partners/3457

SAT Preparation: Math Review

Tedd Johnson (Y-COL003)

SAT Math Review covers a range of math practices, with an emphasis on problem-solving, modeling, using tools strategically, and using algebraic structure. Areas of focus will include: Algebra - focus on the mastery of linear equations and systems, problem-solving and data analysis, and being quantitatively literate; Passport to advanced math - questions that require the manipulation of complex equations; Geometry; and Trigonometry. This preparation course is individualized and student-driven.

02/01 to 03/15 6 sessions (M)
6-8 PM Farmington High - Rm 903
Course Fee: \$139

**DON'T
DELAY!**

We encourage you to register early.
It can often make or break a course!

YOUTH ENRICHMENT

Full-Length Virtual ACT Practice Exam

Revolution Prep (Y-COL007)

This virtual test will allow students to work on pacing and endurance in a safe setting that best simulates the test day environment. Students will take the test online with a live proctor through Revolution Prep, and get a baseline score. Take a full-length practice test under timed conditions. A proctored practice exam will help students build testing endurance and give a real-time snapshot of their testing performance. Before the test, Revolution Prep will send an email with details on how to access the testing materials, scoring app, and online testing room. After the test scores are received, you're invited to review your student's scores with our dedicated Academic Advisor.

01/23 1 session (Sa)
9 AM - 1 PM Online
To register, visit www.revolutionprep.com/partners/3457

SAT Secrets

Princeton Review (Y-COL012)

High school can be a hectic and confusing time for students and parents alike, and standardized testing is yet another mystery to unravel. Join the Princeton Review for a discussion about the SAT and everything you need to know to make the right decisions for your student. Topics will include an overview of the exam, SAT tips and tricks, when students should take the exam, and the different means of test prep available. Questions are encouraged!

02/03 1 session (W)
6-7:30 PM Online
Course Fee: \$29

SAT Bootcamp

Revolution Prep (Y-COL008A)

Join Revolution Prep for an SAT Bootcamp. This bootcamp is designed to give students insight, tips, and tricks for testing day, including what content is covered, how to avoid traps, and how to create the best plan for success. Upon registration, a student dashboard will be created for you with Revolution Prep.

03/06 1 session (Sa)
10-11:30 AM Online
To register, visit www.revolutionprep.com/partners/3457

Full-Length Virtual SAT Practice Exam

Revolution Prep (Y-COL006)

This virtual test will allow students to work on pacing and endurance in a safe setting that best simulates the test day environment. Students will take the test online with a live proctor through Revolution Prep, and get a baseline score. Take a full-length practice test under timed conditions. A proctored practice exam will help students build testing endurance and give a real-time snapshot of their testing performance. Before the test, Revolution Prep will send an email with details on how to access the testing materials, scoring app, and online testing room. After the test scores are received, you're invited to review your student's scores with our dedicated Academic Advisor.

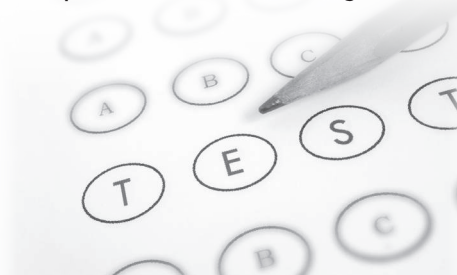
02/27 1 session (Sa)
9 AM - 1 PM Online
To register, visit www.revolutionprep.com/partners/3457

Princeton Review: SAT® Ultimate Online Course (prep for March test)

Princeton Review (Y-COL001)

The SAT® Ultimate Course will prepare you with all the content and strategies you need to improve your score. This course includes 18 hours of classroom instruction with a Princeton Review instructor, 3 proctored in-person practice tests, plus additional tests available in the Online Student Portal and student materials kit including the College Board Blue Book, 1-year access to both ACT and SAT Online Student Portals, plus access to PSAT Prep, Access to the Student Portal app and Parent Portal app. **(Save \$150 with promo code FARM150\$)**

02/20 to 03/10 9 sessions (MWSa)
9 AM - 1 PM Online
Course Fee: \$899
To register call (800) 2-REVIEW or visit www.princetonreview.com/farmingtonhs



Cinnamon Rolls (Gr. 2-8)

Food Explorers (Y-COO007)

Join a Registered Dietitian from Food Explorers to make homemade Cinnamon Rolls! This yeast-free recipe means you'll have Cinnamon Rolls in no time. Learn how to make the dough, roll it and slice into the perfect rolls. This recipe can easily be cut in half to make approx. 8 rolls.

01/18 1 session (M)
10-11 AM Online
Course Fee: \$25

Homemade Pizza (Gr. 2-8)

Food Explorers (Y-COO008)

Join a Registered Dietitian from Food Explorers to make the quickest homemade Pizza of your life! In just one hour you'll make pizza dough and have pizza for your whole family.

02/16 1 session (Tu)
5-6 PM Online
Course Fee: \$25

Tween's Family Cooking Class (Ages 10-12)

Elizabeth McDonald (Y-COO020)

For inexperienced cooks, ages 10-12, and an adult partner. The goal is to support tweens in getting comfortable around the kitchen with adult support. Tweens do not need to have prior experience with cutting with a knife, or with using the stove, microwave, or oven. Weekly recipes will include breakfast, snack, lunch or simple dinners, or dessert items that require no more than 5 steps. Inspiration will come from recipes on Delish, Taste of Home, and the Food Network.

02/05 to 03/12 6 sessions (F)
4:30-5:30 PM Online
Course Fee: \$59

CLASS MATERIALS

Supplies for some online courses will be available for pickup at the **Farmington Continuing Education** office located at **1 Depot Place in Unionville.**

Information about pickup dates and times is listed in the course description!

YOUTH ENRICHMENT

Jr. Baking (Gr. 2-8)

Food Explorers (Y-COO003)

Learn how to make your baked goods delicious and healthy with a Registered Dietician from Food Explorers! Explore new techniques and learn how to make healthy and nutritious ingredient swaps while we make cinnamon sugar knots, chocolate fruit scones, pretzel bites, lemon/blood orange bars, naan bread with roasted vegetable dip, and lemon/blueberry pop-tarts.

03/18 to 04/29 6 sessions (Th)
6-7 PM Online
Course Fee: \$59

Food Explorers: Kids Make Dinner (Gr. 2-8)

Food Explorers (Y-COO001)

Learn the basics of healthy eating with a hands-on approach with a Registered Dietician from Food Explorers. Leave with new recipes, new skills, and new knowledge about the food that they eat. Make veggie dumplings, stacked sweet potato nachos, southwest taquitos, pizza, veggie tacos with zesty fruit salsa, and three potato soup. **Parental supervision is recommended.**

03/18 to 04/29 6 sessions (Th)
4:30-5:30 PM Online
Course Fee: \$79

FIRST® LEGO® League

February 3 - March 24
6 - 7:15 PM
Online through Zoom

This season, we're VIRTUALLY stepping into the world of sports, play, and fitness - moving, collaborating, competing, and celebrating with **PLAYMAKERS**.

Under the instruction of the Farmington Robotics Enforcers mentors, students will work together to solve fun engineering challenges and build models using LEGO® and LEGO® DUPLO® bricks, gaining habits of learning, confidence, and teamwork skills along the way.

Bolly X Kids (Ages 8+)

Nikki Moore (Y-HEA005)

Bolly X Kids is a Bollywood-inspired dance-fitness program that adapts the original Bolly X format to incorporate dance, fitness, and games in an engaging and developmentally appropriate format for kids. Bolly X choreography includes a wide range of authentic South Asian dance styles, including Bollywood, Bhangra, and Western Folk styles. Explore different cultures through music and movement, and develop a more global mindset along with empathy, flexibility, and acceptance of other limits the high impact moves.

03/05 to 04/09 6 sessions (F)
4:30-5:30 PM Online
Course Fee: \$79

Intermediate Cursive Writing (Gr. 3-8)

Elizabeth McDonald (Y-LIT038)

Build upon a basic understanding of cursive to enhance the quality of your cursive writing, explore multiple styles of upper case cursive letters, choose the style that best suits you, and explore reading historic documents in old English and colonial cursive script. **Prerequisite: Beginner's Cursive Writing or basic understanding of how to form and connect cursive letters.**

01/30 to 03/20 8 sessions (Sa)
11 AM - 12 PM Online
Course Fee: \$85

DISCOVER (K-1st grade) EXPLORE (grades 2-4)

PARENT COACHES are needed to help assist teams. Click [HERE](#) for more information about the duties of a Parent Coach. If you are interested, please email Farmington Continuing Education continuinged@fpsct.org for more information. This program is not possible without Parent Coaches.

Visit www.fpsct.org/fce for more information or to register!

Global Scavenger Hunting in Google Earth (Gr. 3-5)

Elizabeth McDonald (Y-LIT019)

Join the canine sleuth, Bauer the Beagle, in his search for Sammy the Pooch. In this international caper, track down Sammy and recover the priceless gold necklace, known as the Golden Bone. Sleuths will explore Google Earth in search of Sammy, going from Hartford to Central and South America, Eurasia, and Central and Eastern Asia, and, along the way, learning about our capital city and historic train station, Mexico, Peru, Brazil, Jordan, India, and China. After exploring Google Earth in the hunt for Sammy, students will learn how to create projects in Google Earth and have some fun sharing them. **Students should know how to access and navigate Google Earth.**

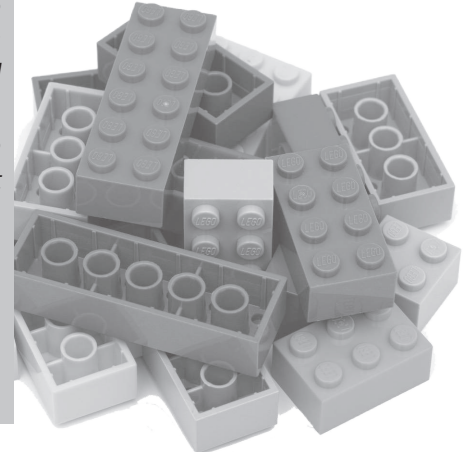
02/03 to 03/03 5 sessions (W)
4:30-5:30 PM Online
Course Fee: \$65

Writing an Effective Research Paper (Gr. 8-10)

Elizabeth McDonald (Y-LIT039)

Throughout the course, you will enhance current skills to build new and effective ways to approach a research paper. Numerous topics will be covered, such as pre-research brainstorming, finalizing topic and research question/thesis, strategic reading for relevant and powerful information that supports the topic, taking notes, paraphrasing, quoting, tracking sources and pages, rewriting strategies to organize to write, writing, citing source, bibliographies vs. works cited vs. references, and using APA, MLA, or Chicago.

01/11 to 03/29 10 sessions (M)
4:30-5:30 PM Online
Course Fee: \$99



YOUTH ENRICHMENT

Register online at
www.fpsct.org/fce



Poetry Slam (Gr. 6-12)

Elizabeth McDonald (Y-LIT040)

Bring or write original poems to share, celebrate, and gather to enjoy among like-minded middle schoolers. Each week will have a theme around which poems will be written, shared, discussed, and celebrated.

A) 02/05 to 03/12 (Gr. 6-8) 5 sessions (F)
B) 03/19 to 04/30 (Gr. 9-12) 5 sessions (F)

4:30-5:30 PM Online
Course Fee: \$65 each

Fun Science (Ages 3-5)

Kids Corner (Y-STE010)

Join us for hands-on experiments, building, and more to learn about chemical reactions, dinosaurs, earthquakes, oceans, physics, pollution, rivers, solar eclipses, and volcanoes.

02/07 to 03/07 4 sessions (Su)
11-11:45 AM Online
Course Fee: \$99

Learn to Code: HTML (Ages 10+)

The Coder School (Y-STE009)

Learn how to make a custom website! Websites are artistic, colorful, and creative. Use your creativity with code to create a fun website such as a cookie clicker or a custom website about yourself.

02/02 to 02/23 4 sessions (T)
5-6 PM Online
Course Fee: \$99

Learn to Code: Python! (Ages 10+)

The Coder School (Y-STE002)

Learn the introductory concepts to one of the most popular languages today. Used by Google and Facebook, learn the syntax of python including variables, loops, if and then statements. Projects made include design in shapes, asteroids game, or tic tac toe.

01/11 to 02/01 4 sessions (M)
5-6 PM Online
Course Fee: \$99

Saturday Slime Spectacular (Ages 5-10)

Kids Corner (Y-STE008)

Squish, splash, smash, squelch, splash, slime, drop, smear, spray, and ooze are some of the things we will do during this fun hands-on program. Students are doing many things at once when engaged in messy play. What child doesn't want to get slimed or at the least play with it! Each day students will create a new slime 'creation'.

03/06 to 03/27 4 sessions (Sa)
2-3 PM Online
Course Fee: \$99

Funky Forces & Loco Motion (Gr. K-4)

Mad Science of Western New England (Y-STE003)

Mad Science sparks "imaginative learning" through this fun and educational online program. This 6-week hands-on science program covers a different science topic each week, such as FUN-damental Forces, Super Structures, Fantastic Fliers, Under Pressure, Moving Motion, and the Science of Toys.

02/01 to 03/15 6 sessions (M)
4:15-5:15 PM Online
Course Fee: \$99

Learn to Code: Scratch (Ages 7-10)

The Coder School (Y-STE001)

Using block coding, master your logic skills by creating fun games such as fish food or flappy bird. Learn about variables, x and y-axis, animation, loops, and if and then statements. Come join the fun!

03/01 to 03/22 4 sessions (M)
5-6 PM Online
Course Fee: \$99

How to Help Your Student Improve Success in School (Gr. 9-12)

Ellen Hoffman (Y-STU002)

This course provides parents and/or students entering grades 9-12 with a general overview of how to help your student improve success in high school. It will cover ways for students to improve academic success through organization, effective time management, and study skill strategies as well as vocabulary expansion and writing skills. This course will also address how to help your student find meaningful extracurriculars, contests, jobs, summer programs, and community service projects.

A) 01/26 1 session (T)
B) 03/23 1 session (T)

6-7:30 PM Online
Course Fee: \$55 each

Organization, Time Management & Study Skills (Gr. 7-12)

Ellen Hoffman (Y-STU001)

This course is designed for students to improve critical skills that will positively impact academic, career, and life success. Students will leave with an easy to implement a plan on how to manage important school papers and a framework for mapping out a productive and focused use of time during the weekend and school week. Students will also learn great strategies and resources for studying better (not longer), for reinforcing academic concepts, and for addressing subjects in which they are experiencing difficulty.

A) 01/25 1 session (M)
B) 03/22 1 session (M)

6-7:30 PM Online
Course Fee: \$55 each

SCHOOL CANCELLATION

Online courses will NOT be canceled on inclement weather days when schools are closed. If an instructor needs to cancel a course for personal reasons, they will notify registrants and the course will be rescheduled.

NOTES, REMINDERS & POLICIES

Enrollment & Registration: Courses with low enrollment are subject to cancellation shortly before the program starts. Register early to make sure the course you want has adequate enrollment to be offered. In the event of a filled course or cancellation, we will make every attempt to notify you by phone and email.

Senior Fee: Seniors (65+) receive reduced rates on courses that have a Senior Fee listed. If no fee is listed, no additional discounts apply! Seniors must provide a DOB when registering to receive the Senior Fee.

Returned Checks: A returned check penalty fee of \$25 will be charged to an account for any check returned by the bank. If a returned check was used to pay for more than one student, each student will be assessed the \$25 returned check fee. In the instance that we have received two or more returned checks for an account, payment by check will no longer be accepted as a form of payment on that account. Payments made by a returned check are reversed from the account, leaving a balance due and payable immediately. An outstanding balance may result in the participant being dropped from the course or trip.

Instructors: Our instructors come from a wide variety of professional and personal backgrounds. Many are certified teachers or members of the community with areas of expertise. They are not to promote or sell products, make specific financial investment recommendations, or offer consultations to participants. We respect their ability as instructors but do not commit to the products they sell.

Nondiscrimination Policy: Is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity based on race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding Farmington Continuing Education nondiscrimination policies should be directed to the Director of Special Services at (860) 677-1791.

Accommodations: All activities offered by Farmington Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Special testing accommodations can be arranged for individuals with appropriate documentation. Individuals with a disability should call Lori Wyrebek at (860) 404-0290.

Inclement Weather Policy: If Farmington Public Schools or Regional School District #10 Schools are closed for the day or close early, Farmington Continuing Education courses DO NOT meet. If Farmington Public Schools or Regional School District #10 Schools have a delayed opening, courses WILL meet (unless told otherwise by the instructor). In case of a delayed opening or early closing, or, if severe weather develops during the day, cancellations will also be announced on TV channels NBC and WFSB. Canceled courses are postponed to a later date. Trips do not follow this cancellation policy.

Cell Phones, Cameras, and Recording Devices: For the privacy and safety of all participants, the use of photographic and recording equipment, such as cameras, video cameras, and mobile phones with cameras are strictly prohibited.

Waiting Lists: Waiting lists will be taken on courses and trips with enrollment limits. We will notify you when there are openings.

Disclaimer: As a service to the community, the Farmington Board of Education, through Farmington Continuing Education, offers adult and youth enrichment courses. In some cases, these courses are taught by third party businesses according to a contract with Farmington Continuing Education. These businesses, and their personnel who are instructors in Farmington Continuing Education enrichment courses, are not agents or employees of the Farmington Board of Education. The businesses are responsible for the enrichment course and their instructors for the Farmington Continuing Education enrichment courses. The Farmington Board of Education's offering of an enrichment course does not constitute an endorsement by the Farmington Board of Education or its officials, agents, or employees of any particular information, product, view, opinion, or advice that may be presented in any enrichment course. Also, any person who relies on or acts on the advice of any enrichment instructor does so at his or her own risk. In consideration of being allowed to enroll in an enrichment course, the registrant releases and waives any claims he or she may have against the Farmington Board of Education, Farmington Continuing Education, its officials, agents, and employees concerning any such advice.

Refund & Cancellation Policy

• Courses:

- Course fees will not be prorated and refunds will not be given for any unattended portion of a course.
- If a course is canceled by Farmington Continuing Education, a full refund will be automatic.
- Participants can cancel their registration up to 1 week before the start of the course. A \$10 cancellation fee will be assessed.
- There are no cancellations 1 week before the start of the course or after the start of the course.
- Cancellations due to a medical emergency will be considered, but not guaranteed when accompanied by a physician's note. Please contact our office at (860) 404-0290 as soon as possible.

• Trips:

- Trips are non-refundable. However, registrations can be transferred to a substitute passenger.
- If a trip is canceled by Farmington Continuing Education, a full refund will be automatic.
- Trips are held rain/snow or shine unless conditions deem necessary to cancel based on a decision from the bus company or Coordinator.
- Cancellations due to a medical emergency will be considered, but not guaranteed when accompanied by a physician's note. Please contact our office at (860) 404-0290 as soon as possible.
- Trip insurance is available for all trips. It is advised that you consider this added insurance for any trip that includes admission tickets to shows, musicals, baseball games, the opera, etc.

Credit Vouchers: Credit vouchers are redeemable toward any course, program, or trip. They are currently transferable and are valid two (2) years from the date of issue. Credit vouchers are non-refundable. Please call our office (860) 404-0290 to inquire about a credit balance or to apply a credit to a course, program, or trip.

REGISTRATION FORM

(A SEPARATE REGISTRATION FORM MUST BE COMPLETED FOR EACH REGISTRANT)

How to REGISTER...



ONLINE
Visit www.fpsct.org/fce to register online



BY MAIL
Mail registration form to
1 Depot Place, Unionville



IN-PERSON
Call (860) 404-0290 to make an appointment

REGISTRANT INFORMATION:

Name: _____ DOB: ____/____/____ Gender: M F
 Street: _____ City: _____ Zip: _____
 Email: _____ Home Phone: _____ Cell Phone: _____
 Grade: ____ School: _____ Parent/Guardian Name: _____
 Emergency Contact Name and Phone: _____
 Special Needs / Allergies / Health Information: _____

COURSE INFORMATION:

Course #	Course(s) Title	Date(s)	Time	Course Fee
TOTAL				

PAYMENT INFORMATION:

Payment **MUST** accompany this form:

CHECK: Make payable to Farmington Continuing Education

CREDIT CARD: Visa, MasterCard, Discover, and American Express are accepted

Credit Card #: _____ Exp. Date: ____ / ____ CVV: _____

Cardholder Name and Address: _____

ADDITIONAL QUESTIONS (required):

- Yes, I would like to receive marketing emails.
- Yes, I wish to receive text messages specific to the course(s) / trip(s) I am registered for. If yes, please provide a valid cell phone number above.
- I recognize that there are risks involved while participating in any activity. Therefore, in consideration of the Town of Farmington, Farmington Public Schools, and Farmington Continuing Education conducting activities and my enrollment in such activities, I do hereby, on behalf of myself, release the Town of Farmington, Farmington Public Schools, and Farmington Continuing Education and its employees and agents from all liability concerning an injury received by me or my child arising from such activities.

I ___ **DO** or ___ **DO NOT** permit myself and/or my child to be photographed during the course by the instructor(s) to be used by Farmington Continuing Education for publication to media (website, social media, etc.) solely to document and promote Farmington Continuing Education, its services and programs. I understand that the photograph will not be used for commercial purposes.

1 Depot Place, Unionville, CT 06085
Website: www.fpsct.org/fce Email: continuinged@fpsct.org
Phone: (860) 404-0290 Fax: (860) 404-0294

Farmington School Department
Farmington Continuing Education
1 Depot Place
Unionville, CT 06085

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
HARTFORD, CT
PERMIT #694



NEW Course Offerings:

Drawing Animals
Funky Forces and Loco Motion
Ricotta Gnocchi Mac and Cheese
Art Journaling
All Things Facebook
Bolly X and Bolly X for Kids
Origami and Balloon Twisting
Introduction to Harmonica
Cedar Plank Wood Sign Painting
Preparing for a Long Distance Hike
Drawing with Animals
The Culture of Coffee with Cafe Real
Tween's Family Cooking Class
The Namelss and Facelss of the Civil War
Watercolors of Spring

FARMINGTON CONTINUING EDUCATION Winter 2021

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