

**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**

Fall 2019

**The Adult Enrichment
Courses listed
in this catalog are
open for enrollment to
all adults in all towns**



**REGISTRATION BEGINS
August 22, 2019**

**See Registration Information on Page 32
Call 860-870-6060 or
REGISTER ONLINE AT www.vrabe.com**

**Enjoy some of our most popular classes
as well as our new offerings!**

Register Early!

Pages 5&6

ART CLASSES

Explore your creative side with one of our Art classes. You can discover the joy of creating with clay, or try our new class, Fall & Holiday Wreath Making. Returning this semester, we're offering Beginning Drawing, Paint Your Own Pottery and two Watercolors classes – one for beginners and one for those who want an advanced level. Enrollment is limited in these classes so please register early!



Pages 13&14

CROCHET! KNIT! SEW!

Looking for a new hobby or already enjoy one of these? We offer beginner classes in crochet and knitting. Returning this semester, we have Crochet 102 and Creative Sewing. Join one of these classes to learn a new craft or work on a current project while enjoying an evening of socializing with others!



Pages 12&13

ONE-NIGHT CULINARY CLASSES

These classes will fit right into your busy schedule. Eat Your Veggies and Pizza Revolution are back this semester, along with some new classes – Salads & Dressings, All Things Chicken 2, The Chocolate Box, Chocolate Pies, and Need Some Dough! Enrollment is limited, please register early!



Page 18

SIGN LANGUAGE

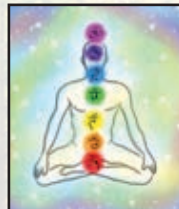
Learn how to speak to the Deaf and the Hard of Hearing. Join us for a 10-week course on American Sign Language (ASL) 1.



Pages 6 to 10

HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Join us for Reiki I, EFT Workshop, and a number of Essential Oils classes. Try Tai Chi, Chair Yoga, Qigong, Yoga, or Meditation. Returning this semester, we have Chakra Energy, Sleep Yoga and You Are What You Eat. We have many new offerings including a trio of SoulCollage® classes, Deciphering Fad Diets, Be a Super Ager, Manifesting Positive Change, Sound Healing 1&2, and a number of 1-night classes on different subjects.



Pages 14&15

DANCE, DANCE, DANCE!

Come join the fun, make new friends and dance the night away! All of your old favorites are returning - Beginner Ballroom Dancing, Line Dancing and Couples Swing and Country Western Dancing. New this semester, we're adding a Latin Dance class. Sign up for one or more!



Page 23

EXERCISE, PHYSICAL FITNESS & SPORTS

Working out has never been so much fun! Join our Cardio Kickboxing or new Pilates Core classes to burn calories and ramp up your energy. If you prefer team sports, you can improve your volleyball skills and meet new people with Intermediate Co-ed Volleyball. For those interested in improving the strength and dexterity of their hands, try the Ultimate Hand Workout class. Sign up for one or more!



Pages 10&11

COMPUTER & MORE CLASSES

Classes that are offered include Introduction to Computing, Excel, and Word. Returning this semester, we have Excel Intermediate, Facebook 101, Lost in Social Media and what you can do with Smartphone Photos. New this semester, we have Designing Your Own Website.



“Enjoying Life’s Dreams Through Learning”

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Dr. Joseph Macary, Superintendent of Schools

Mr. Robert Testa, Assistant Superintendent of Schools

Mr. Andrew K. Rockett, Director of VRABE Regional Adult Based Education

Mrs. Cathy Berryman, Continuing Education Program Facilitator

**REGISTRATION BEGINS ON
Thursday, August 22, 2019**

REGISTER ONLINE AT

www.vrabe.com

OR BY TELEPHONE

AT 860-870-6060

VERNON CONTINUING
EDUCATION OFFICE
ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD
VERNON, CT 06066
860-870-6060



www.vrabe.com

CLASSES ARE HELD IN VERNON AT THE FOLLOWING LOCATIONS

ROCKVILLE HIGH SCHOOL

70 Loveland Hill Road

Vernon, CT 06066

VERNON CENTER MIDDLE SCHOOL

777 Hartford Turnpike

Vernon, CT 06066

VRABE REGIONAL ADULT BASED

EDUCATION/ROCKVILLE (WEST MAIN)

LEARNING CENTER

33 West Main Street

Vernon, CT 06066

VERNON YOUTH SERVICES

9 Elm Street

Vernon, CT 06066

Table of Contents

Animal Communication	15	Medicare 101	25
Animal Reiki	15	Meditation	8
Auto Maintenance	28	Organization How To	16
Ballroom Dancing	14	Paint Your Own Pottery	5
Be a Super Ager	6	Painting with Watercolors	5
Bicycle Repair Class	16	Pendulum Divination	18
Boating Class	16	Pilates Core	23
Bridge Beginner	16	Pottery	5
Budgeting & Debt Elimination	25	Power of Your Mind	8
Cake Decorating	11	Psychic Development	18
Cardio Kickboxing	23	Qigong	8
Chair Yoga	6	Registration Form	35
Chakra Energy	6	Registration Information	32
Children's Spaces	29	Reiki I	8
Computer Classes	11	Replacement Window Workshop	29
Conspiracies-What Are They	16	Retirement...How to Love It	18
Cooking Around the World	12	Sewing	14
Cooking Classes (1 Night)	12	Sign Language 1	18
Cooking Italian	12	Sleep Yoga	8
Country Dancing for Couples	14	Small Engine Repair	28
Crochet	13	Smartphone Photos	11
Crumbling Foundations & Mortgages	29	Social Media	10
Deciphering Fad Diets	7	Social Security Planning	24
Digital Photography	17	SoulCollage®	9
Do What You Love	17	Sound Healing I & II	9
Drawing Beginner	5	Spanish Language Class	27
Driver's Education	4	Stock Photography	18
EFT Workshop	6	Stress-Free Holiday . . . How To	9
Essential Oils	7	Tai Chi	10
Facebook 101	10	Techno Stress	10
Financial Planning	24	Ultimate Hand Workout	23
Floral Design	24	Understanding Your Doctor's Visit	6
Get Healthy & Beautiful	7	VRABE Regional Adult Based Education	19
Health Mandalas & Vision Boards	7	Voice-Overs	23
Home Staging	29	Volleyball	23
Italian Language Classes	27	Website Design	11
Jewelry Making	28	Workplace Education	31
Kitchen Remodels	29	Wreath Making	5
Knitting	14	Yoga	10
Latin Dance	14	You Are What You Eat	10
Line Dancing	15		
Manifesting Positive Change	8		

DRIVER EDUCATION with THE NEXT STREET

Get on the easiest road to your license with The Next Street's Driver Education classes offered through Vernon Continuing Education at Rockville High School.

Students must be at least 16 years old at the start of the class.

FULL DRIVER EDUCATION COURSE:

30 hours of classroom instruction and 8 hours of private driving lessons - \$519

Mondays & Wednesdays from October 28 – December 18, 2019, 6:30-8:30 p.m.

SAFE DRIVING COURSE:

The State's minimum driver education requirement is 8 hours of classroom instruction - \$119

Mondays & Wednesdays from October 28 – December 18, 2019, 6:30-8:30 p.m.

An optional textbook for either class offering can be purchased for an additional \$25

LICENSING TESTING:

Take the test at The Next Street for \$129 or

The Next Street takes you to the DMV for \$259

For more information or to enroll,

visit www.thenextstreet.com/rockvillehs or call The Next Street at 860-631-4292



VRABE Regional Adult Based Education offers FREE programs in the following areas

◆ High School Completion:

- CDP – Credit Diploma Program
- NEDP – National External Diploma Program
- GED® Preparation Classes

◆ Citizenship Classes

◆ College Transition

◆ English as a Second Language (ESL Classes)

◆ Online/Distance Learning

◆ Pre-GED (ABE)

FREE CHILDCARE AVAILABLE AT SOME LOCATIONS

See pages 19 through 22 for additional information of these specific programs.

Some Federal funds from The Workforce Investment Act (Title II) are used to fund this brochure. VRABE Regional Adult Based Education is a member of the Connecticut Association for Adult and Continuing Education (CAACE).

VRABE Regional Adult Based Education (VRABE) and Continuing Education 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 on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity, or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. VRABE and Continuing Education do not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding VRABE, Continuing Education and the Vernon Board of Education's nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator, Melissa Iles, 860-896-4666, miles@vernon-ct.gov.

All activities offered by VRABE Regional Adult Based Education and Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Dr. Claudia Nunn at 860-870-6060.

ART

POTTERY, HANDBUILDING AND THROWING

Discover the joy of creating with clay for the first time, or get back into a long lost craft. This course will introduce the novice ceramist to foundation skills, including basic proficiency in handbuilding, using pinch, coil and slab methods, and basic proficiency in throwing, centering, lifting, and trimming. Upon completion of the course, students will be able to produce a variety of ceramic pieces and apply glazes to create finished products. There will be a materials fee of \$35 payable at the time of registration for the class, to cover the cost of clay and glazes for up to ten pieces per student. *There are no discounts available on this class.* Enrollment in this class is limited to ten (10) students. Please register early!

Tue. 5:00-8:00 p.m. 10 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Katie Sabal
Fee: \$135

BEGINNING DRAWING

Drawing is the basis for most forms of art. Yes, you can learn to draw. We will work on class projects that will help you develop your drawing ability as well as master shading, perspective, and the ability to create a pleasing composition. A supply list will be mailed to you at the time of registration. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.* Please register early.

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/25
Instructor: Jennifer Jeffreys
Fee: \$55

PAINT YOUR OWN POTTERY

Join this class to paint fun and functional pieces you can use everyday! A variety of ceramic pieces will be provided to select from. These ready to paint pieces are dishwasher, microwave and food safe. Stamps, stencils, sponges and other supplies will be provided and creative ideas will be shared. Different painting methods and effects will be taught. Sign up for all four sessions or just one of them. Guidance will be provided at every step. No prior experience is required. Painted pottery will be glazed and fired by the instructor. Enrollment in this class is limited to ten (10) students. There is a supply fee of \$60 for the 4-week class or \$15 per 1-night session which includes pottery, all supplies, glazing and firing. Fee is payable at the time of registration for the class. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 4 wks. RHS
Starts 10/9
Instructor: Maaida Sheriff
Fee: \$60

OR

Session One: Wed. 6:00-8:00 p.m. One Night RHS Meets on 10/9
Session Two: Wed. 6:00-8:00 p.m. One Night RHS Meets on 10/16
Session Three: Wed. 6:00-8:00 p.m. One Night RHS Meets on 10/23
Session Four: Wed. 6:00-8:00 p.m. One Night RHS Meets on 10/30
Instructor: Maaida Sheriff
Fee: \$20 per session

FALL & HOLIDAY WREATH-MAKING



Come have fun with us while learning to create a beautiful wreath!



Session one will offer you the opportunity to make a wreath for the Fall season. Holiday wreaths

will be the theme for session two. You can sign up for one or both sessions. All supplies will be provided as well as a detailed hands-on learning experience. If there is something special that you would like to put on your wreath, feel free to bring it with you. When class is finished, you will have a self-created wreath to bring home, and the memories and knowledge to share. There will be a materials fee of \$25, payable at the time of registration for the class, which covers all the supplies needed.

Session One: Mon. 6:00-8:00 p.m. One Night RHS Meets on 10/7
Session Two: Mon. 6:00-8:00 p.m. One Night RHS Meets on 11/18
Instructor: Penny Zuidema
Fee: \$20

PAINTING WITH WATERCOLORS — BEGINNERS

This course is for beginners and intermediate students with little or no knowledge of watercolor painting. Basic watercolor technique will be introduced. Different painting methods and special effects will be taught. Techniques are geared toward landscapes and florals. Individual attention will be provided. Each student can work at their own pace and enjoy this creative course. A supply list will be mailed to you upon your registration for class. There will be a \$10 materials fee, payable at the time of registration for the class. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Mon. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/23
Instructor: Maaida Sheriff
Fee: \$55

ONLINE REGISTRATON

Begins on August 22, 2019
at www.vrabe.com

ART CLASS OFFERED AT VERNON YOUTH SERVICES

PAINTING IN WATERCOLORS — ADVANCED LEVEL

This class is offered for those students who are ready to move beyond introductory level classes in watercolor painting. This semester will offer somewhat more challenging class assignments. Utilizing the basic techniques they already know, students will explore improving their composition skills, brush techniques, etc. Class members will receive individual attention while working on their paintings and will work at their own pace and skill level. The basic supplies for this class will remain the same as for the beginning class. Additional supplies may be needed as the class progresses. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

Wed. Morning 9:30-11:30 a.m. 8 wks.
Vernon Youth Services Starts 9/25
Instructor: Sally Balukas
Fee: \$55

HEALTH IN BODY AND MIND

BE A SUPER AGER: 39 TIPS TO LEARN & PRACTICE



Learn what steps to take now to be as mentally and physically fit as possible in your older years. Join this new 4-week class customized for the interests and ages of our participants. Based on the latest recommendations and research from healthy aging experts (Harvard Medical, AARP and more), we'll cover lifespan vs *healthspan*, brain fitness, gratitude and mindfulness, (re)connecting with family and friends, mastering your smartphone, decluttering, music and nature. Emphasis on reinforcing new skills to become habits. Enrollment in this class will be limited to fifteen (15) students.

Wed. 6:30-8:00 p.m. 4 wks. RHS
Starts 10/2
Instructor: Donna Powell
Fee: \$35

CHAIR YOGA IS FOR EVERYONE!

Everyone is invited to experience yoga using a chair! Learn more about *pranayama* (breathing techniques) and *asanas* (physical postures) and the benefit from increased range of motion, balance, strength, flexibility, vitality and mental clarity without worrying about how to get on and off the floor. No mat needed, just bring yourself and an open mind and the desire to experience yoga! During our practice, postures will be modified from a seated position or standing next to the chair. Please

wear comfortable clothing, footwear and bring a water bottle. Enrollment in this class will be limited to fourteen (14) students. *There are no discounts available on this class.*

Wed. 6:30-7:30 p.m. 6 wks. RHS
Starts 10/16
Instructor: Jennifer C. Hirschberg-Wise, OTR/L
Fee: \$45

CHAKRA ENERGY: WHAT'S IT ALL ABOUT

Participants will learn how to balance their body and mind using an ancient Eastern wellness belief based on seven energy centers (Chakras) that govern all your organs and work together as one system yet independently. Each student will be given the materials and instructions to create their own stone chakra grid for personal use as well as a meditation CD and class workbook. Enrollment in this class is limited to fifteen (15) students. There is a \$20 materials fee payable at the time of registration for the class. All materials are provided. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 5 wks. RHS
Starts 10/15 (No Class on 11/5)
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: \$45

UNDERSTANDING YOUR DOCTOR'S VISIT

The Process Within the System and What You Need to Know

Ever wonder what really happens at your doctor's appointment? Do you have these questions:

- I am here on time – Why do I have to wait so long to see the doctor?
- My insurance won't cover my medication but my doctor wants me on it. What's a prior authorization?
- I had a physical but some things aren't covered but were last year. Why?
- Why do I always have to fill out questionnaires at a physical? What do they do with this information?

Come join this class to hear answers to these questions and more while learning how to manage your health care with your physician. You will gain a better understanding of the health care process which will help you to navigate through today's health care industry.

Tue. 6:00-7:00 p.m. One Night RHS
Meets on 10/8
Instructor: Amy Cashman, R.N.
Fee: \$15

EMOTIONAL FREEDOM TECHNIQUES WORKSHOP (EFT)

Are you someone looking for ways to manage your stress and anxiety? Are you a helping professional looking for a new tool to put in your toolbox? EFT just might be what you are looking for. EFT, also known as "Tapping," is

a proven method used around the world for self-care and the care of others. A person taps gently on certain meridian endpoints while focusing on a negative belief or feeling; creating mind-body healing connections. EFT is described as acupuncture without needles and is a form of Energy Psychology. Join us for this fun and informative workshop where you will get to experience EFT and learn the basic recipe of Tapping.

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 10/21

Instructor: Susan Barone, LCSW, AAMET
Certified EFT Practitioner and Trainer, NQT
Fee: \$25

EMOTIONAL AROMATHERAPY: MAKE & TAKE

Can you feel the pressure of taking on the world? Are you searching for a natural solution to stabilize the emotional rollercoaster? Come learn how Certified Pure Therapeutic Grade Essential Oils can assist you in finding emotional balance. Join this class to explore which oils support your emotions and how you can safely use them. During the second part of class, you will have the option to make emotional rollerball blends to release negative feelings and embrace positive emotions. You will also have the opportunity to make your own diffuser bracelet. All materials will be supplied to you. The lab fee, payable in cash to the instructor prior to making the products, starts at \$10 and will depend upon what you'd like to make and take home from class.

Tue. 6:00-8:00 p.m. One Night RHS
Meets on 10/8

Instructor: Jessica Soucy, Essential Oil Educator
Fee: \$20

WINTER WISHLIST- ESSENTIAL OIL MUST HAVES: MAKE & TAKE

Come and learn about the many natural solutions that can help you to hurdle winter. Whether or not you love the cold months, we all want to be healthy. Be prepared with knowing how to incorporate Certified Pure Therapeutic Grade Essential Oils to strengthen your immune system, protect you against unwanted germ exposures, cheer up your emotions from having less daylight, and what to pack for your outdoor adventures. The second part of class will offer you the opportunity to make essential oil blends to support your winter wellness. Take home options include a moisturizing lotion or room sprays. Make and Take options will start at \$6 and be dependent on what you would like to take home. All materials will be supplied to you. The lab fee will be payable in cash to the instructor prior to making the products.

Tue. 6:00-8:00 p.m. One Night RHS
Meets on 11/12

Instructor: Jessica Soucy, Essential Oil Educator
Fee: \$20

SOOTHE HOLIDAY STRESS WITH ESSENTIAL OILS



It is that time of year when gatherings, baking and gift giving are in abundance. Learn how to save money, time, and relieve the stress that comes with shopping and preparing. Skip the crowded malls and put the online shopping on hold. Come relax with us and learn how essential oils can soothe, relax, and, at the same time, invigorate you while you make your own gifts. There will be a selection of rollerballs blends, bath scrubs and small gifts to "Make and Take" for those special people on your shopping list as well as for yourself. The lab fee, payable in cash to the instructor prior to making the products, will depend upon the products that you select and will range in price from \$6-\$15. All materials will be supplied to you. There will be additional pre-made products for purchase.

Tue. 6:00-8:00 p.m. One Night RHS
Meets on 11/19

Instructor: Jessica Soucy, Essential Oil Educator
Fee: \$20

DECIPHERING FAD DIETS



With so much nutrition information out there and a new fad diet popping up every week, it is hard to decipher what is the best thing to do when it comes to your health and wellness. Join Sarabeth Campanelli, Registered Dietitian for ShopRite of Manchester and East Hartford, as we break down fad diets and help create sense of what recommendations are good ideas and what recommendations may do more harm than good. We will also be discussing the basics of healthy eating and how to fill your plate with foods that will provide you essential nutrients while increasing your energy and improving your health.

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 9/30

Instructor: Sarabeth Campanelli, RD, CDN
Fee: \$25

GET HEALTHY & BEAUTIFUL... INSIDE & OUT!



Did you know that there are ingredients in your food and personal care/beauty products that might be affecting your well-being and beauty? In this class you will learn how and why to eliminate harmful ingredients from food and personal care products so you can thrive and be beautiful inside and out.

Tue. 6:30-8:00 p.m. 2 wks. RHS
Starts 10/15

Instructor: Anna Simpson
Fee: \$30

PERSONAL HEALTH MANDALAS & VISION BOARDS FOR THE NEW YEAR!



A mandala is a spiritual symbol representing the universe and wholeness. The mandala's

purpose is to help transform ordinary minds into enlightened ones and to assist with healing. In this class, students will create a mandala journal of personal health goals for their physical, emotional, mental and spiritual health. These journals will then be transformed into a personal vision board to aid the individual in achieving these health goals in the New Year! Enrollment in this class is limited to twelve (12) students. There is a \$5 materials fee payable at the time of registration for the class. All materials are provided.

Wed. 6:00-8:00 p.m. 2 wks. RHS

Starts 12/11

Instructors: Lisa Huppert

Rev. Heather DeLusso

Fee: \$30

MEDITATION FOR SPIRITUAL AWAKENING

“Imagine you are carrying a private retreat around inside you, a sanctuary you can visit whenever modern life gets too much. Imagine contentment and freedom from fear—whenever you wish it. You are imagining the peace of body, mind and soul that meditation can bring you,” as stated by Rajinder Singh. Whether you are already meditating or a beginner, this class has something to offer you. Learn how meditation enhances physical, mental and emotional well-being. Using some guided imagery, some mental exercises and a simple technique of meditation, you can begin your personal transformation, allowing inner peace to permeate your life. Suggested reading before, during, and after this class would be Inner and Outer Peace Through Meditation, by Rajinder Singh.

Wed. 6:30-7:30 p.m. 2 wks. RHS

Starts 9/25

Instructor: Clare Vidich

Fee: \$30

MANIFESTING POSITIVE CHANGE

Ever feel like you are surrounded by negativity at home, work or life in general? Let's learn to see life through a brighter, stress-free lens. In this class, students will learn to cleanse the energy of a room, protect themselves from negative energies and manifest change from within. Students will work experientially with drums, rattles, crystals, affirmations and manifestations. Students will also construct and take home a “positivity box.”

Wed. 6:00-9:00 p.m. One Night RHS

Meets on 10/9

Instructor: Karen Cote

Fee: \$25

THE POWER OF YOUR MIND

The human mind has a great capacity to heal and harm your body. Come and learn how your mind works to help you manifest for your life and keep you healthy. Learn how to harness the energy of your mind for your own benefits. You will demonstrate to yourself the power

of intention and energy through the process of spoon bending. Come learn important information about how to use mind over matter and have fun bending spoons with your mind's energy! There is a \$2 materials fee payable at the time of registration for the class. All materials are included. Enrollment is limited to twelve (12) students.

Tue. 6:00-8:00 p.m. One Night RHS

Meets on 12/3

Instructors: Lisa Huppert

Rev. Heather DeLusso

Fee: \$25

QIGONG

Join us for Qigong (pronounced *chee-gong*), an ancient Chinese exercise and healing technique that involves moving meditation, controlled breathing and gentle exercises. It is also known as Chinese Yoga. This class will help increase your energy levels, support your well-being, and improve your overall health. All levels of experience are welcome. Qigong is enjoyable for people of all ages and for any fitness level. Please wear comfortable clothing and bring a yoga mat or towel with you to class. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

Wed. 6:30-8:00 p.m. 8 wks. RHS

Starts 9/25

Instructor: Melissa Almquist

Fee: \$55

REIKI LEVEL I

The Reiki system, a gentle “laying-on” of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body's ability to heal itself. In the Level I Instruction course, students will receive a training manual. You will learn the history and effects of Reiki, receive complete instructions for self-treatment, and receive the Level I attunement. Enrollment in this class is limited to twelve (12) students. There is a \$5 materials fee payable at the time of registration for the class. All materials will be provided. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 4 wks. RHS

Starts 11/6 (No Class on 11/27)

Instructors: Lisa Huppert

Rev. Heather DeLusso

Fee: \$90

BETTER SLEEP NOW

Sleep. Insomnia. Restlessness. For so many of us, getting the recommended eight hours of sleep a night is a challenge. Without adequate rest, daily function and enjoyment is reduced and the risk for physical and cognitive decline increases which can lead to depression, anxiety and social isolation. Divine Sleep® Yoga Nidra is a deeply restorative guided meditative practice that allows your body to finally reach

a level of stillness or rest during the practice, allowing reduced brain waves and cellular regeneration. You may even fall asleep. You are welcome to bring a mat or blanket, pillow, bolster to lie on or remain seated in a chair during the process. Bring anything that will allow you to relax and restore. Class will begin with gentle stretches to prepare the body for deep relaxation. Try it! Your body will thank you. Each week we will explore deeper levels of relaxation with this transformational practice. You will also learn and develop personal techniques to use and incorporate into your daily sleep routine. Informational handouts will be provided.

Mon. 7:00-8:00 p.m. 4 wks. RHS

Starts 10/28

Instructor: Jennifer C. Hirschberg-Wise, OTR/L

Fee: \$35

SOULCOLLAGE® CARDMAKING - COUNCIL SUIT

SoulCollage® is a process of selecting and putting together images in a small collage that reflects the ongoing story of who you are. This is a great class for those looking to expand their SoulCollage® deck or for those new to the process and want to experience it. No artistic skills are needed to create SoulCollage® cards. The focus of this class will be the Council Suit of the deck. Time will be given to make cards and process them. There is a \$5 materials fee payable at the time of registration for the class. All materials are included. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:00 p.m. One Night RHS

Meets on 9/30

Instructor: Lisa Huppert

Fee: \$25

SOULCOLLAGE® CARDMAKING - COMMUNITY SUIT

SoulCollage® is a process of selecting and putting together images in a small collage that reflects the ongoing story of who you are. This is a great class for those looking to expand their SoulCollage® deck or for those new to the process and want to experience it. The focus of this class will be the Community Suit of the deck. The Community Suit honors all those: living or passed, real or fictional, person or animal that has had a significant effect on shaping your life. Feel free to bring copies of pictures of those people or pets that you would like to honor with a Community card, however, this is optional. Time will be given to make cards and process them. No artistic skills are needed to create SoulCollage® cards. Come join the fun! There is a \$5 materials fee payable at the time of registration for the class. All materials are included. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:00 p.m. One Night RHS

Meets on 12/9

Instructor: Lisa Huppert

Fee: \$25

SOULCOLLAGE® - CONNECTING TO YOUR DECK

This class is meant for those who have a SoulCollage® Deck (two or more cards) and would like to learn other ways to have a meaningful connection to them. We will do some journal writing as well as intuitive readings with our cards. Come join the fun! All materials are included. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:00 p.m. One Night RHS

Meets on 11/25

Instructor: Lisa Huppert

Fee: \$25

SOUND HEALING - LEVEL 1

Come have fun bathing in the sound of the antique Tibetan Singing Bowls! Learn how to raise your vibrations with sound by moving and healing stagnation in the body. Students will be able to put down their electronics, release stress, anxiety, depression, manage pain, and get their chakras flowing again! This class will teach the history of the bowl, how to choose your bowl, what to listen for, and how use and make the bowl "sing". Students will interact with each other, and get a balancing from the instructor. You will receive a Level 1 Sound Healer Certification at the end of the class. Enrollment will be limited to eight (8) students.

Wed. 6:00-9:00 p.m. 4 wks. RHS

Starts 9/25

Instructor: Denise Cassella, RMT

Fee: \$45

SOUND HEALING - LEVEL 2

Prerequisite for this class is Sound Healing - Level 1

Come bath in sound and de-stress, get your chakras flowing again with Tibetan Singing Bowls! Students will have fun relaxing and healing each other by playing with more than one bowl. This class will teach you how to use three to four bowls. Give an understanding of the depth of the healing properties given by the vibration of the bowls, and how to use Tingshas, and Hand Drums. You will receive a Level 2 Sound Healer Certification at the end of the class. Enrollment will be limited to eight (8) students.

Wed. 6:00-9:00 p.m. 4 wks. RHS

Starts 10/23

Instructor: Denise Cassella, RMT

Fee: \$45

HOW TO HAVE A STRESS-FREE HOLIDAY

For many of us, the holidays can bring about stress and anxiety. Come learn the causes for holiday stress and strategies for managing your stress, so that you experience balance in your body and mind this season. Prepare yourself now for the upcoming holiday season. This class will be a mixture of content, discussion, and activity. Enrollment in this class is limited to fifteen (15) students.

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Mon. 6:00-8:00 p.m. One Night RHS
Meets on 10/28
Instructor: Lisa Huppert
Fee: \$25

BEGINNER TAI CHI

Do you have sweatpants? A t-shirt? Are you breathing? Then Tai Chi may be for you! In this beginning Tai Chi class, we will link breathing with slow and gentle movements. Come to this class to stretch a little, practice some Qigong breathing exercises, release tension, move around a bit, and work on a Tai Chi form. Be prepared to let go of expectations, feel good and let your own body wisdom guide you through a peaceful, meditative Tai Chi practice. Enrollment in this class is limited to twenty (20) students. *There are no discounts available on this class.*

Mon. 5:30-6:45 p.m. 8 wks. RHS
Starts 9/23
Instructor: Cynthia Barlow
Fee: \$55

TECHNO STRESS: THE DARK SIDE OF TECHNOLOGY



The digital society of today can bring about stress and anxiety, making it all the more important to understand how to manage stress to maintain proper well-being. Come learn about how the Digital Age is affecting us on the mental, emotional and physical parts of our being. Learn what you can do to help yourself and others to manage this kind of stress in a holistic manner. This class will be a mixture of content, discussion, and activity. Enrollment in this class is limited to fifteen (15) students.

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 11/11
Instructor: Lisa Huppert
Fee: \$25

BEGINNER YOGA – FOUNDATIONS, EXPLORATIONS

Are you thinking of trying yoga? What are you waiting for? Yoga is for everyone, and that means you, too. The health and stress reduction benefits of yoga are available to everyone regardless of prior experience, athleticism, balance, twistiness, size, shape, age, and expansiveness of chic yoga attire. Bring a mat, some water, a smirky smile, wear sweats, a t-shirt or whatever you like, and let's spend some time with classic, foundational yoga postures, breathing techniques, and guided deep relaxation. Relax, increase strength, and take it easy. Come as a beginner, or come with years of experience and an open mind. In this class, we will spend some time with the postures, building them from the ground up, exploring our own expression of the shapes, and modifying as we might each see fit. A posture might be a new friend or an old friend, or a future old friend in the making, but we will, above all, be kind

to our bodies, have some fun, and feel the positive effect of yoga. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. Enrollment in this class will be limited to twelve (12) students. *There are no discounts available on this class.*

Tue. 6:30-7:45 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Cynthia Barlow
Fee: \$55

YOU ARE WHAT YOU EAT

Join us for this 2-hour class and discover how the foods you eat are affecting your health, well-being, energy levels and overall quality of life. Specific foods and their impact on your body will be discussed. Learn which foods to avoid and which foods are better choices for you and your body.

Tue. 6:30-8:30 p.m. One Night RHS
Meets on 10/15
Instructor: Melissa Almquist
Fee: \$25

COMPUTER CLASSES

FACEBOOK 101 – An Introduction to the Social Media Platform

Prerequisite: General understanding of how to use a computer.

This beginner class will give you a better understanding of today's most popular Social Media platform. The class is a must whether you have only heard of Facebook or want to know more about how to effectively and safely keep in touch with family or friends. Topics include: personal vs business/organization pages, terminology, security settings, and basic navigation.

Mon. & Tue. 6:00-8:00 p.m. 2 Nights RHS
Meets on 9/23 & 9/24
Instructor: John Pastorelle
Fee: \$29

LOST IN SOCIAL MEDIA?

Prerequisite: General understanding of how to use a computer.

This beginner class will give you a high level of understanding of Social Media concepts, terms, and the various tools that are used. Whether you want to reach out to long-lost friends or distant relatives, or promote a personal or social cause, this class is for you. Maybe you have heard of some of these: Facebook, Twitter, YouTube, Google+, LinkedIn, Pinterest, Blogs, Wikis, Podcasts, and Yelp. Come join us and be informed!

Mon. & Tue. 6:00-8:00 p.m. 2 Nights RHS
Meets on 10/7 & 10/8
Instructor: John Pastorelle
Fee: \$29

COMPUTER CLASSES OFFERED AT THE ROCKVILLE (WEST MAIN) LEARNING CENTER

DESIGNING YOUR OWN WEBSITE

Prerequisite: General understanding of how to use a computer.



This introductory class will demystify and help you navigate the fundamentals of creating your own website and online presence. Topics include: choosing a domain and hosting provider; design best practices; CMS vs HTML/CSS; navigation tips; SSL and shopping carts; choosing the correct tool (e.g. Adobe Dreamweaver; Wordpress; Weebly, etc.).

Mon. & Tue. 6:00-8:00 p.m. 2 Nights
Rockville Learning Center
Meets on 10/21 & 10/22
Instructor: John Pastorelle
Fee: \$29

INTRODUCTION TO COMPUTING

Are you lost when you sit down at your computer? If so, this is the course for you. In this beginner course you will learn the basic parts of the computer, what the little pictures represent on the computer desktop, and how to move the mouse around the screen. We will practice opening and closing programs, sizing and moving windows, and creating and saving documents. We will briefly explore the Internet and touch on the basics of email.

Monday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center Starts 9/23
Instructor: Marjorie Cox
Fee: \$85

INTERMEDIATE EXCEL

This class is designed for people who are already familiar with Excel. Concepts include: creating, modifying and formatting charts, sorting/filtering lists and tables, linking data, using templates, and creating and using named ranges in formulas.

Tuesday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center
Starts 9/24 (No Class on 11/5)
Instructor: Marjorie Cox
Fee: \$85

INTRODUCTION TO WORD

The prerequisite for this class is a good understanding and working knowledge of the keyboard and the mouse and/or the successful completion of an introduction to computers class.

The focus of this course will be on the basic workings of Microsoft Word. This class will cover such things as creating documents, learning the toolbars, learning to format documents, how to correct errors using spell check, how to

change fonts and sizes, how to find and replace features and how to set up a page to print. In order to complete assigned projects, it is recommended that each student have access to a computer outside of class with the subject program installed.

Tuesday Afternoon 12 noon to 2 p.m. 8 wks.
Rockville Learning Center
Starts 9/24 (No Class on 11/5)
Instructor: Marjorie Cox
Fee: \$85

EXCEL INTRODUCTION

This course will offer you the basic principles involved in creating a spreadsheet for business or personal use. In addition to learning how to create, save, print, modify and enhance worksheets, you will gain a thorough knowledge of formulas and functions. Also covered in this session will be an introduction to chart and graph making. This hands-on course is intended for someone with a working knowledge of PC's, the keyboard and the mouse. At home practice is always helpful; therefore, it is recommended that students taking this course have this program installed on their home computer.

Wednesday Evening 6:00-8:00 p.m. 8 wks.
Rockville Learning Center Starts 9/25
Instructor: Marjorie Cox
Fee: \$85

WHAT CAN I DO WITH MY SMARTPHONE PHOTOS NOW?

Prerequisite: General understanding of how to use a Smartphone and computer

Now that you've taken photos and videos with your Smartphone....What Next? If you are running out of space on your phone or wondering whether you need to purchase Cloud Storage, then you should take this class. We will cover the options available including showing you how to copy and sync your videos and photos with your laptop/computer. We will cover basic editing and resizing of photos once they are on the computer and how to view your videos.

Mon. & Tue. 6:00-8:00 p.m. 2 Nights
Rockville Learning Center
Meets on 11/18 & 11/19
Instructor: John Pastorelle
Fee: \$29

COOKING

BUILDING BUTTERCREAM SKILLS

Do you wish you could decorate a beautiful cake? Learn how to ice and smooth a cake, torte, fill, and decorate a cake and cupcakes, numerous borders, writing & printing, drop flowers, ribbon rose, rosebud, ruffle flower, sunflower, daisy, leaf,



continued on next page 11

grass and a pattern transfer. A certificate will be awarded on the last night of the 4-week class. A supply list will be sent to you upon registration. Students will purchase their own supplies at local craft stores in the Cake Decorating Department. There will be a \$5 fee payable at the time of registration for the class for the lesson plan book that will be given out on the first night of class. Enrollment in this class is limited to twelve (12) students.

Session One: Tue. 6:00-8:30 p.m. 4 wks. RHS Starts 10/1

Session Two: Tue. 6:00-8:30 p.m. 4 wks. RHS Starts 11/12

Instructor: Linda Stevenson

Fee: \$40

COOKING ITALIAN

Do you love to eat? Do you love to cook and just want to learn some new techniques to simplify the process? Find out just how easy Italian cooking can really be! This course will be somewhat interactive, with all students helping with the prep each week and some doing the actual cooking. Bring your appetite and enjoy sharing a meal, good company and conversation. At the end of each class you will leave with a printout of the evening's recipes. There is a lab fee of \$45 payable at the time of registration for the class to cover the cost of food, plates and utensils for all five weeks of class. Please bring containers for taking extra food home. Enrollment in this class is limited to twelve (12) students. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 5 wks. RHS

Starts 9/25

Instructor: Elyse Fila

Fee: \$40

COOKING AROUND THE WORLD!!

Do you love to eat? Do you enjoy cooking and just want some new techniques to simplify the process or perhaps just some new recipes? Travel around the world through food! Each class will introduce you to foods from different cultures like Asian, European, Mediterranean, and Mexican. It is an interactive course with students helping to prep and taking turns cooking. Bring your appetite and enjoy sharing a meal, good company and conversation. At the end of each class you will leave with a printout of the evening's recipes. There is a lab fee of \$45 payable at the time of registration for the class to cover the cost of food, plates and utensils for all four weeks of class. Please bring containers for taking extra food home. Enrollment in this class is limited to twelve (12) students. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 5 wks. RHS

Starts 11/6 (No Class on 11/27)

Instructor: Elyse Fila

Fee: \$40

**THE FOLLOWING POPULAR
ONE-NIGHT CULINARY CLASSES,
TAUGHT BY A SKILLED,
CERTIFIED INSTRUCTOR,
ALWAYS FILL QUICKLY.
DON'T MISS OUT! REGISTER EARLY.
A MINIMUM OF SIX STUDENTS IS
NEEDED IN ORDER TO RUN EACH OF
THESE ONE-NIGHT CLASSES.**

SALADS & DRESSINGS



Experience seasonal salads with traditional and unique ingredients. Learn how to arrange a salad for presentation. Additionally, we will make several vinaigrettes as well as creamy dressings. Menu includes: Farmhouse Salad, Mediterranean Salad, Strawberry and Avocado with Poppyseed, Broccoli Salad and German Potato Salad. Fee for supplies is \$15 cash payable at the time of registration for the class. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS

Meets on 9/23

Instructor: Lori Gilmore

Fee: \$25

EAT YOUR VEGGIES

Vegetable side dishes: Instead of opening a can or throwing a bag of vegetables in the microwave each night, consider trying new vegetable dishes and discovering new favorites. In this class we will make up to 12 dishes (depending on enrollment) and discover new options. Dishes include Buffalo Cauliflower Bites, Roasted Beets with Goat Cheese, Spaghetti Squash Marinara, Brussels Sprouts Gratin, Glazed Heirloom Carrots and Stir-fry Asparagus with Snow Peas and Green Beans. Fee for supplies is \$15 cash payable at the time of registration for the class. Please bring a container for any leftovers. Enrollment is limited to twelve (12) students.

Tue. 6:00-8:30 p.m. One Night RHS

Meets on 9/24

Instructor: Lori Gilmore

Fee: \$25

PIZZA REVOLUTION

Cooking is all about creativity. Join this class to create and taste a variety of pizzas off the beaten path such as potato, broccoli and bacon, pear and bacon with gorgonzola, charred corn and avocado, spinach artichoke pesto, and raspberry brie with rosemary. Fee for supplies is \$15 cash payable at the time of registration for the class. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS

Meets on 9/30

Instructor: Lori Gilmore

Fee: \$25

ALL THINGS CHICKEN 2

Chicken continues to be one of the best bargains at the grocery store, and one of the most versatile proteins. This class will make a variety of dishes, mild and spicy, to round out your menu planning. Dishes include Pizza Chicken Roll-ups, Chicken-Jalapeño Poppers, Spinach and Ricotta-Stuffed Chicken, Mongolian Chicken, Chicken with Dill Sauce and Chicken Provolone. Fee for supplies is \$15 cash payable at the time of registration for the class. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 10/7

Instructor: Lori Gilmore
Fee: \$25

THE CHOCOLATE BOX

Make a variety of homemade chocolates including Peanut Butter Cups, Caramels, and Truffles. Learn unique techniques such as using chocolate transfers and marbeling. Fee for supplies is \$15 cash payable at the time of registration for the class. Please bring a container for any leftovers. Enrollment is limited to twelve (12) students.

Tue. 6:00-8:30 p.m. One Night RHS
Meets on 10/15

Instructor: Lori Gilmore
Fee: \$25

CHOCOLATE PIES

In this class we will make and take home three diverse chocolate full-sized pies. Disposable tins will be provided. Bring your own pie dish if you prefer. Bring a sturdy carrying option to carry home your pies. Pie menu includes French Silk, Chocolate Cream, and Frozen Kahlúa. Fee for supplies is \$15 cash payable at the time of registration for the class. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 10/21

Instructor: Lori Gilmore
Fee: \$25

NEED SOME DOUGH?

With the holidays approaching, what can be more convenient than serving a batch or array of warm cookies in 15 minutes or less? In this class, we will make several types of cookie dough and scoop and store it in the freezer for use as desired. It will be like a cookie exchange, except with ready-to-bake dough. Cookies include Salted Tahini Chocolate Chip, Pistachio, Chocolate Chipotle, Oatmeal & Fig, Browned Butter Shortbread, and White Chocolate Jubilee. Bring a large container because you will go home with a lot of dough! Fee for supplies is \$15 cash payable at the time of registration for the class. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 12/2

Instructor: Lori Gilmore
Fee: \$25

CROCHET, KNITTING AND SEWING

CROCHET 101

This class is for anyone wishing to learn or review the basic techniques of crochet and enhance their creative abilities. You will be taught the proper way to hold the crochet hook, the important parts of the crochet hook, proper holding of the yarn and how to put a slip knot on the hook. You will master the six (6) basic crochet stitches, learn the importance of the foundation row, and what turning chains represent. You will learn to recognize stitches and how to correctly count stitches and rows. Reading of crochet patterns, crochet language and terminology will also be taught. You will even learn how to add new yarn to your crochet piece and how to change colors within your crochet piece. Please bring to class a crochet hook, size H, I, J or K, as well as one (1) solid color skein of Red Heart medium worsted weight yarn #4. Please bring a medium colored yarn as it is easier to see your stitches and rows. You will also need small scissors, a plastic yarn needle (small eye needle), a tape measure and crochet plastic markers. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 10/2

Instructor: Diane Snarski
Fee: \$65

CROCHET 102

Continue on to the next level of crocheting and increase your skills and knowledge in this wonderful field of needle art. Understanding of and ability in basic crochet skills are required for this next level class. Here you will be taught the next level of working rounds, shaping techniques, working with color, reading and further understanding of patterns beyond basic patterns, creating a crochet button, buttonhole and button loop, and an introduction of stitch patterns and multiples. A crochet project will be assigned on the first night of class. This will be a group project worked on together in class and as homework, which will incorporate the techniques learned in this second level class. Please bring all of your crocheting tools to class along with one or two skeins of solid color, medium worsted weight #4 yarn (medium colors), as well as a true desire to learn and increase your crocheting knowledge. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 7 wks. RHS
Starts 10/1 (No Class on 11/5)

Instructor: Diane Snarski
Fee: \$60

BASIC KNITTING FOR BEGINNERS

This class is for anyone who would like to learn basic knitting techniques. In this eight-week class, you will learn how to read a pattern. You will also learn casting on stitches, the knit and purl stitch and how to bind off your knitting. We will also get into discussing terms and different yarns and what they are used for. Learn how easy and fun it is to create a dishcloth! A supply list will be mailed to you at the time of registration. Enrollment in this class is limited to eight (8) students. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/25
Instructor: Pauline Shamonis
Fee: \$65

CREATIVE SEWING

Join this 10-week class for an enjoyable evening of sewing and sharing. All are welcome regardless of experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be based on skill level and interests. You must bring your own sewing machine in good working order with the owner's manual, if possible. (Bobbins and thread would also be helpful!) A supply list of sewing tools will be provided upon registration. Project materials to be determined at the first class. Class is limited to fifteen (15) students. *There are no discounts available on this class.*

Tue. 6:00-9:00 p.m. 10 wks. VCMS
Starts 9/24 (No Class on 11/5)
Instructor: Sara Jane Reilly
Fee: \$80

DANCE, DANCE, DANCE

BEGINNER BALLROOM DANCING OFFERED AT ARTHUR MURRAY DANCE STUDIO

This class will be offered at Arthur Murray Dance Studio, 520 Hartford Turnpike, Vernon, CT. Join the fun and learn some of the most popular social dances such as Salsa, Waltz, Rumba, Tango, Cha-Cha, Foxtrot and Swing. We will show you how learning to dance can be fun, quick, and easy. NO partner or previous dance experience necessary. For ease of movement on the dance floor, please wear dress shoes, not sneakers. Enrollment in this class is limited to sixteen (16) people. *There are no discounts available on this class.* Get ready to dance the night away!

Mon. 7:00-7:45 p.m. 8 wks.
Starts 9/23
Dance Instructors
Fee: \$95

LATIN DANCE CLASS OFFERED AT ARTHUR MURRAY DANCE STUDIO



This class will be offered at Arthur Murray Dance Studio, 520 Hartford Turnpike, Vernon, CT. Love Latin music? Have a tropical vacation coming up? Ever wanted to learn how to SHAKE THOSE HIPS? Join us to learn the basics of Salsa, Merengue and Bachata! This class will show you how to do the basics of each dance, turns, and a few additional patterns for each dance, leaving with your Latin dance survivor kit! NO partner or previous dance experience necessary. For ease of movement on the dance floor, please wear dress shoes, not sneakers. Enrollment in this class is limited to sixteen (16) people.

Thursday 7:45-8:30 p.m. 8 wks.
Starts 9/26
Dance Instructors
Fee: \$95

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING

Country Western (C/W) Dancing has become the most popular social dance phenomenon the nation has ever seen. C/W dance can be performed to Country music as well as to Pop, Rock, Ballroom, and even Techno music. In this 8-week class, you will have the opportunity to learn the basics of the 10 most popular C/W couple and partner dances performed across the nation. The list of the couple dances to be taught include: Single, Double, and Triple Rhythms of the Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, 10-Step, and Schottische partner dances. Emphasis will be made on proper C/W dance styling, leading and following techniques, dance/music distinction, and the development of dance move amalgamations. Beginning through intermediate level moves and twirls will be taught using the "Dance Move Building Block" method. Once one pattern is learned, the remaining patterns become easier and easier to learn. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer, no experience necessary. A graduation "dance" is always planned for the last day of class. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 6:00-7:30 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Chris Hookie
Fee per Couple: \$75 (THERE ARE NO DISCOUNTS AVAILABLE ON COUPLES DANCING CLASS.)

BEGINNING SWING FOR COUPLES

The "Swing" is as versatile as the music it is performed to. In just 8 weeks you will learn the basics to a variety of popular Swing Patterns

performed nationwide. Including: Two “Hustle” patterns (4-ct. Western Swing and 3-ct. Street Hustle), three patterns of the 6-Count/East Coast Swing (AKA Jitterbug), and a variety of Latin Swing patterns (Merengue Swing, Cha Cha and Mambo Swing variations, and then finally a taste of Salsa). Dancers will swing to Rock, Pop, Country and Big Band tunes. Proper leading, following, and hand positioning skills, as well as rhythmic skills will be taught. Beginning through intermediate level moves and twirls will be taught using the “Dance Move Building Block” method. Once one pattern is learned, the remaining patterns become easier and easier to add on. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the “Dance Move Paradigm” method. Class is designed for the beginning dancer and no dance experience is necessary, but some dance experience would greatly enhance your learning ability. A graduation “dance” is always planned for the last day of class. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 7:30-9:00 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)

Instructor: Chris Hookie

Fee per Couple: \$75 (THERE ARE NO DISCOUNTS AVAILABLE ON COUPLES DANCING CLASS.)

LINE DANCING FOR BEGINNERS

Come dance with us! This class is all about line dancing and having fun. We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. This is a BEGINNER level line dance class and the dances taught in class will reflect that. We will start with basic steps and patterns and build on those each week. If you have never line danced before, or if you have some dance experience but want to continue to work on your basic skills, this class is for you! Since this class is an on-going class we have a mixed group of experience levels: 1) brand new beginners just starting out for the first time, 2) fairly new dancers back for their second or third session, and 3) seasoned dancers who have been dancing for years but enjoy the pace of the class. Each week when you come in there will be “warm-up” music playing before class starts and you will see people out on the floor dancing. During warm-up time you will hear a variety of music both from the current session as well as music from dances learned in previous sessions. Of course, on week one, if you are new then everything will be new to you. We want you to feel comfortable, so just jump in and see what you can do. Before you know it, you will be out on the floor dancing up a storm! There is a 25% senior citizen or military discount on this class. Please wear comfortable closed back shoes—no boots that will mark the floor please. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing it warms up fast.

Mon. 6:30-8:30 p.m. 10 wks. VCMS (Cafeteria)
Starts 9/16

Instructor: Sarah Preston
Fee: \$85

LINE DANCING BEYOND BEGINNER... PROGRESSIVE LINE DANCING

This class is for you if you are ready to “step” your dancing up to the next level. To participate in this class you will need knowledge of line dance terminology, basic patterns and steps. Dances taught will be a mix of classics that should be part of every dancer’s repertoire along with some of the exciting new dances out there. We will dance to a variety of music including country, pop, big band, oldies and Latin. The variety of music that you can line dance to is simply amazing. Previous line dancing experience or approval of the instructor is required for participation in this class. There is a 25% senior citizen or military discount on this class.

Wed. 6:30-8:30 p.m. 10 wks. VCMS (Cafeteria)
Starts 9/18

Instructor: Sarah Preston
Fee: \$85

ENRICHMENT AND PERSONAL DEVELOPMENT CLASSES

ANIMAL COMMUNICATION

Learn the basics to perform interspecies communication at an intuitive level. This skill helps the individual address animal behavioral and emotional issues, rescue pet issues, end of life issues, connecting to the animal after death and more. Once the individual understands the emotional and perceptual lens of the animal, that person will better be able to address the issue in question. This class is recommended not only to the private pet owner but also to professionals in the fields of animal rehab, animal rescue, vet techs and animal trainers. Students have the option to bring several hard copy photos of ONE pet to class. A generic photo will be provided for instructional purposes by the teacher.

Wed. 6:00-9:00 p.m. One Night RHS
Meets on 9/25

Instructor: Karen Cote
Fee: \$25

ANIMAL REIKI

This class is intended for anyone who is interested in learning Reiki for animals. Reiki can serve animals in the following ways:

- Maintaining health and well-being through regular sessions
- Aiding in pain management for animals who are ill or injured, as well as post-surgery
- Promoting relaxation and calm for animals with emotional issues, anxiety, separation anxiety or stress (including pre-surgery)
- Increasing bond between human and

animal – a great way to ease an animal's transition to a new home environment or to enhance training your pet

- Bringing peace and comfort to our animals that helps ease their transition to the rainbow bridge

In this class you will learn about the history of Reiki, receive your attunement and learn some basic principles for working with animals. Animals are highly intuitive and sensitive to the energies of their surroundings. Reiki is a healing energy that can be used alone or as a complement to other healing practices, balancing the energy patterns and strengthening the animal's natural healing systems. When this is accomplished, the animal's body, mind and spirit is at optimal performance and can heal itself. A workbook will be provided. Certification provided upon completion of course. There is a \$5 materials fee payable at the time of registration for the class. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 5 wks. RHS
Starts 10/2

Instructor: Rev. Heather DeLusso
Fee: \$45

BICYCLE REPAIR CLASS OFFERED AT PEDAL POWER

This class will be offered at Pedal Power, 520 Hartford Turnpike, Vernon, CT. Learn the inner workings of your bicycle with the crew at Pedal Power. After completing this two-night class, you will have a working knowledge of adjusting your gears, brakes, bearing surfaces and straightening wheels. You will also learn what specialized tools are required to properly tune your bicycle. If you aspire to becoming a bicycle mechanic, this class is the perfect primer. This class will be taught by a seasoned bicycle mechanic so any and all questions are welcome. The course content is based on a standard bicycle with rim brakes and external gears. Please do not bring your bicycle to class as a demonstration bike will be supplied. Suspension component and hydraulic brake questions are welcome after the class. Repair manuals and special tools will be available for purchase at a discounted rate with your enrollment in this course. Enrollment in this class will be limited to fifteen (15) students. We must have a minimum of eight (8) students in order to hold the class. *There are no discounts available on this class.*

Thursday 6:00-8:00 p.m. 2 wks.

Meets on 11/7 and 11/14

Instructor: Dean Whipple

Fee: \$39

BOATING, PWC AND HOW TO OBTAIN YOUR BOATING LICENSE

Are you looking for a way to enhance your enjoyment of on-the-water activities?

Are you planning on purchasing a boat?

Do you need to obtain your state-issued Boating Certificate?

Would you like to increase your confidence regarding boating safely?

If you answered "yes" to any of these questions, we can help! The About Boating Safely class, taught by certified instructors of the U.S. Coast Guard Auxiliary, will prepare you to obtain a Connecticut Boating Certificate (License) which allows you to drive a Personal Water Craft (PWC) or any boat up to 65 feet. Through lectures, demonstrations, and audiovisual presentations, students will learn more about boating safely and avoiding problems as well as ways to enhance their enjoyment of on-the-water activities. A \$10 discount is available for senior citizens and first responders for this class. You **must** phone in your registration to receive the discount.

Tue. 6:30-9:00 p.m. 6 wks. RHS

Starts 9/24

Instructors: David Marriott & Eileen Christensen

Fee: \$45

BEGINNER BRIDGE

This course is designed to teach a beginner the basics of contract bridge. We will develop a bridge vocabulary. Proper bidding by evaluating one's hand and communicating information to one's partner will be highlighted. In class play of bridge will be our goal. A relaxing approach by the instructor will show that bridge can provide opportunities for friendships and hours of pleasure. A maximum of sixteen (16) players will be taken in this class.

Mon. 6:30-8:30 p.m. 8 wks. RHS

Starts 9/23

Instructor: Jim Kelly

Fee: \$55

CONSPIRACIES – WHAT ARE THEY?

Every conspiracy has some truth to it. What is true and what is fake? What is the hype created to blur the lines between what is real and not? In this course, we will look at some of the most popular conspiracy theories in society today and try to answer these questions. Subjects we will be focusing on include: who killed JFK and why, who is QAnon, what is the secret space program, what is one world order, and what is humanity's real history. Enrollment in this class will be limited to fifteen (15) students.



Wed. 6:30-8:00 p.m. 3 wks. RHS

Starts 9/25

Instructor: Michael Panicello

Fee: \$30

DECLUTTERING & ORGANIZING!

Are you downsizing, moving or decluttering? Don't know how to start? Jeannette Westwood can help guide and inspire you in this quest from chaos to calm. Come join us to learn new tips and techniques.

Wed. 6:30-8:00 p.m. One Night RHS

Meets on 10/16

Instructor: Jeannette Westwood

Fee: \$25

DIGITAL PHOTOGRAPHY – BEGINNER LEVEL

Maybe you own a digital camera, but are not getting the kind of images you want. Or, maybe you're getting some great pictures, but can't figure out why. This, then, is the class for you.

The major emphasis will be on moving away from the automatic mode, which most beginners gravitate towards, to shooting modes where you have total control of your camera. All the basic photography concepts will be presented and discussed in depth. Included will be:

Hand-holding the camera

Setting the aperture, shutter speed, and ISO

Using the camera's light meter to make properly exposed pictures

Focusing the lens to create sharp images

Depth-of-field options

Finding the best lenses to purchase

Backing-up images

Cataloging images

Digital editing basics

Next, the specific controls on your camera that mystify most beginners will be identified and explained thoroughly. You will learn exactly where they are located on your camera and precisely what they do. Then we will discuss and critique each other's pictures. This will be done both as a way to understand photographic composition as well as to explore specific shooting issues you may be having with your own images. There will be time in class to practice shooting with your camera. This will help solidify what you have learned about photographic theory and the camera controls.

And it will be your chance to try a variety of composing ideas. A very complete handout will be given to you when you arrive. It contains lots of information and diagrams, and will greatly simplify the process of understanding what is being taught in class. In addition, the handout will allow you to spend less time taking notes and more time listening and participating in class. You also will find it quite useful for review after the course has ended. Be sure to bring your digital cameras (with instruction booklet) to class, along with photos you have taken, saved as JPGs, on a flash drive. **IMPORTANT:** Please be sure your camera can operate in non-Automatic modes, such as Manual or Shutter Priority – if it does not and you still want to take the class, that certainly is fine, too. Enrollment in this class will be limited to fifteen (15) students. *There are no discounts available on this class.*

Tue. 6:00-9:00 p.m. 4 wks. RHS

Starts 9/24

Instructor: Peter Glass

Fee: \$75

DIGITAL PHOTOGRAPHY – INTERMEDIATE

The prerequisite for this class is the successful completion of Digital Photography-Beginner Level (or its equivalent) or the feeling you know basic photographic theory and how the major controls on your camera work.

Now that you have a basic understanding of what digital photography is all about, it is time to take the next step. We will start with a review of the beginning photography course, using it as a foundation for this course, then move on to some new and exciting topics. Here are some examples:

- We will set up a basic three-point lighting scene using professional photographic tungsten lights. You will use each other as subjects as you try out various lighting scenarios.
- The use of portable on-camera flash units will be demonstrated. Among other things, you'll see how the flash "talks" with the camera to produce just the right amount of illumination.
- Advanced Depth-of-Field and Hyperfocal Distance concepts will be explained. An understanding of these allows for more precise and controlled focusing.
- The instructor will demonstrate how setting your camera to Live View can make taking pictures so much easier for certain photographic setups.
- You will discover the wonderful world of digital imaging, using Photoshop's Adobe Camera Raw, where images can be fixed-up, enhanced, or completely altered with relative ease.
- We will review each other's images and some of the instructor's, too, as a basis for discussing composition and esthetics.

You also will be taking lots of pictures during class. This will give you plenty of time for camera practice and for trying out your own composing ideas. Please bring to class your digital camera (**with its battery charged**), your camera's instruction booklet, a tripod (not absolutely necessary, but would be very helpful), and photos you have taken, saved as JPGs on a flash drive. Enrollment in this class will be limited to fifteen (15) students. *There are no discounts available on this class.*

Tue. 6:00-9:00 p.m. 3 wks. RHS

Starts 10/22 (No Class on 11/5)

Instructor: Peter Glass

Fee: \$65

DO WHAT YOU LOVE - LIVE LIFE @300%

This class focuses on your strengths and your career needs and wants. The result is a fresh, informed, and intentional approach to career attracting. With well-defined values and clarity in what YOU want in a career, never again feel uncertain about whether you're in the right work experience or not. This is for you if...you are unemployed, you have a job and are not happy or hate it, you are a veteran and looking for work or a new career, you have graduated from high school or college and looking for work or a career, you are looking for self-employment opportunities, and/or you are serious about making a positive change in your current lifestyle. There will be a \$10 fee for materials payable at the time of registration for the class. Enrollment in this class will be limited to fifteen (15) students. *There are no discounts available on this class.*

continued on next page 17

Mon. 6:00-8:00 p.m. 4 wks. RHS
Starts 10/21
Instructor: Leonard Diana
Fee: \$40

BECOME A STOCK PHOTOGRAPHER

If you are an amateur or professional digital photographer who loves taking pictures, you might want to consider stock photography as a possible source of additional income. A stock photographer shoots a variety of images and then sends them off to their stock agencies for them to display on their websites. When magazines, businesses, ad agencies, textbook companies, etc. need photos, they often will purchase existing images from one of these stock agencies, thereby saving the expense of having to hire a photographer to shoot new images. When a stock agency sells a photo, the payment for that sale is shared between the photographer and the stock agency. All aspects of the stock photography business will be presented. Topics will include: determining what kind of images will sell, the equipment needed to shoot them, adding metadata to your images, the keywording process, using a digital asset management program, types of stock agencies, and everything else necessary to set up and run your own stock photography business. Enrollment in this class will be limited to fifteen (15) students. *There are no discounts available on this class.*

Wed. 6:00-9:00 p.m. 2 wks. RHS
Starts 12/4
Instructor: Peter Glass
Fee: \$45

HOW TO LOVE YOUR RETIREMENT!!!

Whether you are already retired, thinking about retiring, or just want to plan for the future, this course is for you. This course, taught by an experienced thirteen-year retiree, is not a financial planning course. What this course will cover are different aspects of retirement including: staying healthy and fit, keeping your mind and your spirit young, traveling and relocating, volunteering, doing good works, making friends, living with a purpose and more. This is also a great opportunity to meet new people.

Mon. 6:00-8:00 p.m. 6 wks. RHS
Starts 9/23
Instructor: Tom Allan
Fee: \$45

PENDULUM DIVINATION

Join us for this fun, interactive and insightful class. You will discover the in's and out's to using a pendulum along with exploring different charts that can assist you with a pendulum reading. A pendulum is included with this class. There is a \$15 materials fee payable at the time of registration for the class. Enrollment is limited to fifteen (15) students.

Tue. 6:00-8:00 p.m. One Night RHS

Meets on 10/1
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: \$25

PSYCHIC DEVELOPMENT I

This is a fun course that will help you develop your psychic abilities through experiments and workshops. We will focus on mental telepathy, clairvoyance, psychometry, visualization, remote viewing, numerology, auras, palm reading, tarot cards, and other interesting aspects of this area. Come explore the fascinating world of the "sixth sense."

Mon. 7:00-9:00 p.m. 8 wks. RHS
Starts 9/23
Instructor: Mary Cunningham
Fee: \$55

PSYCHIC DEVELOPMENT II

This course is based on subjects such as ESP, near-death experience, life after death, ghosts, reincarnation, past life regressions, hidden Earth history/ancient civilizations, UFO's, and our health challenges. The two-hour class will provide plenty of time for instruction and discussion of these topics.

Wed. 7:00-9:00 p.m. 8 wks. RHS
Starts 9/25
Instructor: Mary Cunningham
Fee: \$55

AMERICAN SIGN LANGUAGE (ASL) 1

ASL 1 is designed to teach the basics. You will enjoy building your knowledge of ASL through communication activities including group practice, games, exercises, and dialogues. This class is designed for all individuals, hearing, Hard of Hearing, and Deaf who want to learn how to communicate in ASL. Classes will include vocabulary, expressive and receptive signing skills, language structure, and touch on information related to Deaf Culture and technology. The larger goal of this class is to provide students with a cultural, rather than a pathological, view of deafness and thereby increase their understanding of a variety of Deaf and Hard of Hearing individuals. Many topics are not covered in the textbook. Handouts and other resources will be provided. This course is 10 weeks and will cover Units #1-8 using the text Learning American Sign Language: Levels I & II- Beginning and



continued on page 23

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register.

If there are not enough registrations the week before the class begins, the course may be cancelled.

VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 19-22

OUR MISSION

The mission of the VRABE Regional Adult Based Education program is to offer dynamic, multicultural services in an atmosphere of respect, appreciation, and acceptance of all. It is the goal of the Region to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically-advanced society.

PARTICIPATING TOWNS

The following fourteen towns participate in the **FREE** adult-based educational programs described in the next three pages. VRABE Regional Adult Based Education provides these programs which are funded by participating communities, state and federal grants, and other grant sources.

ASHFORD
BOLTON
COLCHESTER
COVENTRY
EAST WINDSOR
ELLINGTON
GLASTONBURY

GRISWOLD
MANSFIELD
SOUTH WINDSOR
TOLLAND
VERNON
WETHERSFIELD
WILLINGTON

NEW!

**FREE CHILDCARE EVENINGS
AT ROCKVILLE HIGH SCHOOL**

(see page 30)

PROGRAMS

VRABE's programs are designed with busy adults in mind allowing them to:

- enhance skills to improve employability
- earn a high school diploma
- work on literacy skills
- improve English speaking, reading, and writing
- prepare for college
- study to earn U.S. Citizenship
- develop technology skills

VRABE can help students meet their goals. Students are placed in a particular program based on individual goals, state mandated testing, and the availability of courses.

VRABE's current programs include:

- ◆ High School Completion:
 - CDP – Credit Diploma Program
 - NEDP – National External Diploma Program
 - GED® Test Preparation Classes
- ◆ Citizenship Classes
- ◆ College Transition
- ◆ English as a Second Language (ESL Classes)
- ◆ Pre-GED (ABE)

Find the program that fits your needs! See program descriptions on the following pages. Visit us at www.vrabe.com.

ORIENTATION IS REQUIRED FOR ALL HIGH SCHOOL COMPLETION PROGRAMS

Students must:

- 1) Register for an Orientation online at www.vrabe.com or call 860-870-6060.
- 2) Bring to the Orientation: a current official transcript, a state issued ID (non-driver I.D., valid driver's license or passport). If student is 18 yrs. or younger, he/she must also bring an official letter of withdrawal from a Connecticut high school.
- 3) At the Orientation, students learn about the three options for earning a high school diploma: CDP (Credit Diploma Program), NEDP (National External Diploma Program), and GED® Test Preparation Classes. Following an initial skills appraisal, students will schedule a one-on-one meeting with a counselor to develop a plan for high school completion.

PRE-GED CLASSES (ABE)

This classroom-based pre-GED course is designed for the student who needs to develop additional skills before enrolling in GED® test preparatory classes. Students work individually with the classroom teacher on math and basic literacy skills. Instructional levels range from beginning literacy to pre-GED readiness. For additional information, call 860-870-6060.

GED® TEST PREPARATION CLASSES

This classroom-based course prepares students to pass the State of Connecticut administered GED® Test. The computer-based GED® Test is administered at approved GED Testing Centers throughout the State. The GED® test covers four content areas—literacy, mathematics, science and social studies. Students 17 and older can enroll in the GED® test preparatory classes. Individuals ages 17 or 18 must submit documentation that they have been withdrawn from school for at least six months prior to registering for the test, or the class they entered ninth grade with has now graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to register to take the GED® test. There is no registration fee for veterans or individuals under the age of 21. Accommodations on the GED® test may be available for individuals with a documented disability. We offer GED® test preparation classes in Colchester, Coventry, East Windsor, Glastonbury, Griswold, Mansfield, Vernon, Wethersfield and at Manchester Community College. Both day and evening classes are available in Vernon. For additional information, call 860-870-6060.

VRABE IS HERE TO HELP: FREE GED® Test preparation classes and practice tests

- To register for the test, you must be a **CT resident**, at least **17 yrs. old**, and have a **valid photo ID**
- If 17 or 18 yrs. old, visit www.vrabe.com and click on GED® for additional documents needed
- Testing is free if under age 21 or a veteran, but costs \$13 to register to take the test if age 21 or older

COMPUTER-BASED GED® TEST :

To learn more about the Computer-Based GED® Test visit one of the following websites:

- www.sde.ct.gov – click on Adult Education, then GED Testing
- www.ged.com



Where do you want to go?

Your future starts here!

VRABE's FREE services can help you reach your educational and employment goals!

- Earn a GED® or High School Diploma (CDP, GED, NEDP)
- Improve Basic Skills (ABE/Pre-GED)
- Learn English (ESL)
- Become a U.S. Citizen
- Prepare for College/Training
- Increase Employability Skills
- Continuing Education (fee-based)

REGISTRATION PROCEDURE FOR THE GED® COMPUTER-BASED TEST:

Test-takers can register online by visiting www.GED.com and clicking on "Create an Account"; **OR**

Test-takers can register through the Pearson VUE call center at 1-877-EXAM-GED (392-6433); **OR**

Test-takers can call VRABE Regional Adult Based Education (VRABE) at 860-870-6060 for additional information.

VISIT OUR WEBSITE: www.vrabe.com

CALL US: 860-870-6060

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HIGH SCHOOL CREDIT DIPLOMA (CDP)

The Credit Diploma Program (CDP) offers students an opportunity to fulfill the State of Connecticut requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of participating school districts and the needs of the students (with distance learning also an option). In addition, students may be awarded credit for work experience, military service, or volunteer services. A Vernon Regional Adult High School Diploma is conferred upon completion of the program. We offer classes at William J. Johnston Middle School - Colchester, E.O. Smith High School, Griswold High School and Rockville High School. For additional information, call 860-870-6060.



NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)

The National External Diploma Program (NEDP) provides students with a path toward high school completion. It is an ideal program for students who are motivated and self-directed. Students work individually with an assessor to demonstrate high school level mastery of skills. This computer-based program takes approximately 6-12 months to complete. A Vernon Regional Adult High School Diploma is conferred upon successful completion. This program is offered at

our downtown Rockville Learning Center, E.O. Smith High School and at Wethersfield High School.

For additional information, call 860-870-6060.



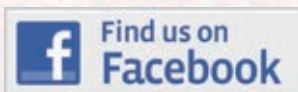
ENGLISH AS A SECOND LANGUAGE (ESL)

The instruction in ESL classes is designed for adults who have limited proficiency in the English language or whose native language is not English. ESL programs assist individuals in improving their English skills in listening, speaking, reading and writing in order to find or maintain employment, attain citizenship, become more involved with their children's schooling and make greater use of community resources. Instruction is provided in English as a unifying means of serving the broad ethnic diversity of limited-English speaking adults. Classes are offered in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon and Wethersfield. Some locations offer both day and evening classes. Small classes allow for active participation. This is a wonderful opportunity to experience a variety of cultures. For additional information, call 860-870-6060.



CITIZENSHIP

The instruction in this classroom-based program is designed for foreign-born adults who wish to become United States citizens. Persons completing this program are prepared to pursue citizenship through the prescribed process of the United States Citizenship and Immigration Services. Classes are held on Tuesday evenings, and the program is offered in Vernon, Griswold, and Wethersfield. Students must be able to read and converse in English well enough to pass an appraisal test, administered on the first night of class. For additional information, call 860-870-6060.



facebook.com/vernonadulted



FAMILY LEARNING GED/ESL

FAMILY LEARNING PROGRAM FREE CHILDCARE! EARN YOUR GED® OR LEARN ENGLISH

Do you have **young children**? Do you need your **GED®** (high school diploma)? Do you want to **improve your English**? **The Family Learning program** provides the following:

- ✓ complete your GED®
- ✓ improve your English language ability (ESL)
- ✓ develop your parenting skills
- ✓ become full partners in your child's education
- ✓ learn from guest speakers
- ✓ career counseling and employment readiness
- ✓ early childhood education at no cost

You are your child's first and most important teacher. This program will give you additional tools to improve your children's success in school and in life. Register early, space is limited. For additional information, call 860-870-6060.

Vernon (ESL/GED)

Tuesdays, Wednesdays & Thursdays
11:45 a.m. – 2:45 p.m.

Wethersfield (ESL)

Tuesdays, Wednesdays & Thursdays
9:15 a.m. - 12:15 p.m.



facebook.com/vernonadulted

VRABE Regional Adult Based Education is in compliance with Connecticut General Statutes Sec. 10-73a and does not charge a fee for registration, textbooks or materials used in the mandated program areas.

All activities offered by VRABE Regional Adult Based Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Dr. Claudia Nunn at 860-870-6060

THE STARTING DATES FOR CLASSES VARY ACCORDING TO PROGRAMS AND LOCATIONS.

For registration information please visit us online at www.vrabe.com

Accommodations for the GED® tests are available for qualified individuals with a disability. For more information, contact Dr. Claudia Nunn at 860-870-6060. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110

continued from page 18

Intermediate (2nd Edition) by Tom Humphries and Carol Padden. Please purchase the textbook before class starts. The same book will be used for future classes.

Mon. 6:00-8:00 p.m. 10 wks. RHS
Starts 9/23
Instructor: Jennifer Stanley
Fee: \$85

VOICE-OVERS... NOW IS YOUR TIME!

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will learn about a **unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there!** This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! James Seawood is a New York-based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, The City of Charlotte, Cholula Hot Sauce and MGM Las Vegas Casino.

Tue. 6:30-8:30 p.m. One Night RHS
Meets on 9/24
Instructor: James Seawood
Fee: \$20

EXERCISE, PHYSICAL FITNESS AND SPORTS

All classes are co-ed unless designated otherwise. All of these courses can be strenuous; therefore, consult a physician before enrolling. By enrolling in these courses, you indicate that you have no physical condition that would make your participation hazardous to your health.

CARDIO KICKBOXING

Whether you're looking to increase strength, confidence, coordination, or you're just after an intense cardio workout, Kickboxing will keep you coming back for more. Kickboxing classes focus on everything from cardio conditioning and elements of dance to self-defense, martial arts, and one-on-one competition. This challenging workout helps in building coordination and muscle endurance with cardio. This class is open to everyone; no previous experience necessary. Since this class provides a high energy workout, it is important that students registering to take this class are in good physical health. Enrollment in this class is limited to twenty (20) students. Please wear sneakers, comfortable clothing, and bring a water bottle with you to class. *There are no*

discounts available on this class.

Tue. 6:35-7:35 p.m. 9 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Marlene Michaud
Fee: \$70



PILATES CORE

Do you want to have a strong core and flat stomach? What are you waiting for? Pilates Core is the right class for you. Pilates Core will focus on the muscles of the abdomen, low back, and hips, often called the "powerhouse" and thought to be the key to a person's stability. This class will focus on a variation of the Pilates mat workout using various props, light hand weights, and contemporary movements. This class will help develop a strong inner core while sculpting long, lean muscles. This class is for everyone and every level; modification will be available for anyone who needs it. Bring a mat, some water, a 1 or 2 lb weight, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. Enrollment in this class is limited to twelve (12) students.

Tue. 5:30-6:30 p.m. 9 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Marlene Michaud
Fee: \$70

THE ULTIMATE HAND WORKOUT

Many people, even serious gym goers, ignore working out their hands. In this class, the focus will be on improving strength and dexterity of the hands. You will learn about and use all kinds of different workout equipment that you have never seen in a gym. All fitness levels are encouraged, and everybody will learn techniques that will instantly increase hand strength as well as decrease hand pain. Proper form will be emphasized, and participants will discover how the correct placement of the hands will increase all lifting potential. All equipment will be supplied by the instructor. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

Mon. 7:00-8:00 p.m. 8 wks. RHS
Starts 9/23
Instructor: Darren Rueb
Fee: \$30

COED VOLLEYBALL- INTERMEDIATE

This intermediate level volleyball class offers fun-filled evenings as you improve your game. To join this class, you must have the fundamentals of volleyball – bumping, setting, and spiking. Classes begin with warm-up exercises and skill-building techniques. The focus is on team playing. Stay fit and meet new people.

Wed. 7:00-9:00 p.m. 8 wks. RHS
Starts 9/25
Instructor: Doug Duda
Fee: \$55

FLORAL DESIGN CLASSES ARE OFFERED IN THE ROCKVILLE HIGH SCHOOL REGIONAL VOCATIONAL AGRICULTURAL BUILDING

INTERMEDIATE FLORAL DESIGN

Experienced students will be working with fresh flowers. More challenging designs will be taught. There is a lab fee of \$105 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Session One: Mon. 6:30-8:30 p.m. 7 wks.

RHS VoAg Building Starts 9/23

Session Two: Tue. 6:30-8:30 p.m. 7 wks.

RHS VoAg Building Starts 9/24 (No Class on 11/5)

Instructor: Cindy Gorsky

Fee: \$45

BEGINNING FLORAL DESIGN

Beginners will learn the basics of floral design using fresh flowers. Care and handling of fresh materials and the principles of good design will be discussed. There is a lab fee of \$105 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 7 wks.

RHS VoAg Building Starts 9/25

Instructor: Cindy Gorsky

Fee: \$45

FINANCIAL PLANNING/ INVESTING

Our instructors are hired to teach general concepts to groups of students, not to provide specific investment advice to individuals. Students should consult their own financial advisor and/or attorney before making any investment decisions based on specific examples used by our instructors in these courses.

PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE

Do you know which strategy is best for you?

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you

collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision.

Session One: Mon. 6:30-8:00 p.m. One Night
RHS Meets on 9/30

Session Two: Tue. 6:30-8:00 p.m. One Night
RHS Meets on 10/15

Session Three: Wed. 6:30-8:00 p.m. One Night
RHS Meets on 11/20

Instructors: Albert D'Agosto, CLU, ChFC
Charles Yannich

Fee: \$19

WOMEN AND FINANCIAL PLANNING

Do women face special or different financial concerns? Women who are married, single, divorced or widowed may have financial challenges where financial planning is concerned. Studies show that women may inherently be better investors as females are less prone to risky financial behavior. Women often lack the time to further their understanding of financial matters as they are often handling many of their own and/or their families' routines in addition to money management.

This three-evening program will discuss aspects of Financial Planning for Women and help provide a resource for success in Financial Planning. A program agenda is planned, but the actual agenda will be set by the attendees and areas of Financial Planning asked to be examined. Topics open for discussion will be QDROs, taxes, retirement plans, understanding investments, investment selection, insurance, and your financial concerns.

Atty. Elizabeth Foran will be present on the second evening. She will discuss legal areas women need to understand such as wills, power of attorney, and ownership of assets.

On the third evening, Psychologist, Kathie Moffitt, PhD will discuss topics related to understanding new research.

In lieu of our normal classroom lab fee, a donation will be made to a charitable organization the class decides upon.

Tue. 6:30-8:30 p.m. 3 wks. RHS
Starts 11/12

Instructor: Gary P. Ruchin,
CLU, ChFC, CFP®, AIF®, EA
Accredited Investment Fiduciary
Enrolled to practice before the
Internal Revenue Service
Certified Insurance Consultant
(CT Only)

Fee: \$20

ESTATE PLANNING... DON'T MAKE THESE MISTAKES!

You may think that drafting an estate plan is straightforward, but in reality if you do it wrong, you are jeopardizing everything you have worked for. Just because you have a Will or Trust does not mean you have covered your bases. What is the difference between a Will and a Trust? Why won't a Will be sufficient by itself? Do you need a power of attorney and what should it say? What about health care directives? Should I add my children's names to my bank accounts? We will share real-life stories showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. We have seen more Will contests and probate litigation in the last five years than in the preceding twenty-five years. Failing to fund or revoke a Living Trust, using ambiguous provisions, tilting assets improperly and not updating beneficiary designations are just some of the blunders that we all must avoid.

Tue. 6:00-7:30 p.m. One Night RHS

Meets on 9/24

Instructor: Attorney Colleen Masse

Fee: \$19

MEDICARE 101

Are you a little confused trying to understand how Medicare works and what is best for YOU? Please join us for this educational Medicare seminar (no selling) and learn about your health care options. You will learn how and when to enroll in Medicare and how to choose the right plan that addresses your specific health-care needs. Did you know that Medicare can also be available to those under 65 who may qualify because of their specific health care needs? The little known Medicare Savings Program will also be discussed.

Session One: Wed. 6:00-7:30 p.m. One Night RHS Meets on 10/16

Session Two: Wed. 6:00-7:30 p.m. One Night RHS Meets on 11/13

Instructor: Bill McCloskey

Stateline Senior Services

Fee: \$15

WEALTH AND MONEY MANAGEMENT— HOW TO KEEP IT, WHERE TO POSITION IT AND HOW TO USE IT WISELY

When do you need to review your financial issues? What do you need to change? How do you feel about your financial future? How do you feel about making financial decisions? Do you have a process or plan? Are you comfortable making financial decisions that may impact your financial future? With proper planning, you can provide for your long-term income needs. Everyone, regardless of income, needs a financial and investment plan. Long-term and dependable income solutions are vital. This class helps you assess your financial position and helps guide you in developing a

strategy to provide for your long-term income needs after age 65 and into your 80's and 90's. We will review mistakes many people make in their planning and discuss ways to avoid making those mistakes. There is a \$12 lab fee payable to the instructor the first night of class for this three-evening program.

Tue. 6:30-8:30 p.m. 3 wks. RHS

Starts 10/15

Instructor: Gary P. Ruchin,
CLU, ChFC, CFP®, AIF®, EA
Accredited Investment Fiduciary
Enrolled to practice before the
Internal Revenue Service
Certified Insurance Consultant
(CT Only)

Fee: \$20

INVESTING AS A HOBBY

Would you like to get started investing, but don't know where to start? This class will provide the tools you need to get started. All you need is a computer, Internet connection, and some basic knowledge. You will learn: how to select a broker and get a paper money account to practice with fake money; what is a stock, index, and mutual fund; how to research a company using Warren Buffett's criteria for stock selection; how to read a stock chart, chart a stock, identify support and resistance, and recognize chart patterns. The class will be fun, informative, and empowering.

Wed. 7:00-9:00 p.m. 4 wks. RHS

Starts 10/2

Instructor: Brian Flynn

Fee: \$35

STEALING FROM PETER TO PAY PAUL? Budgeting and Debt Elimination

Are you tired of financing dinner? Imagine returning from a vacation and not having a penny of it on your credit card. Personal and family budgeting does not have to be difficult. With a little instruction anyone can learn to master his or her budget. Learn how to own your own paycheck and get out of debt completely. Students will receive a budget and experienced coaching on how to use it. There will be a \$10 fee for materials payable at the time of registration for the class. REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Wed. 7:00-8:30 p.m. 2 wks. RHS

Meets on 10/2 and 10/9

Instructor: Craig Nelson of The Financial Literacy Coalition

No Registration Fee

RETIREMENT: READY OR NOT?

Whether you are looking ahead to retirement or already retired, the answers to the 4 most important financial questions are critical to your success or failure to continue to live your lifestyle.

- What rate of return do you have to earn on



your savings and investment dollars to be able to retire at your current standard of living and have your money last through your life expectancy?

- How much to you need to save on a monthly or annual basis to be able to retire at your current standard of living and have your money last through your life expectancy?
- Doing what you are currently doing, how long will you have to work to be able to retire and live your current lifestyle through your life expectancy?
- If you don't do anything differently than what you are doing today, how much will you have to reduce your standard of living at retirement for your money to last to your life expectancy?

Tue. 6:30-8:30 p.m. 2 wks. RHS

Meets on 10/1 and 10/8

Instructor: Dorothy Mautte, CFP®, CLU, ChFC,

Master Member of National Association of College Funding Advisors

Owner: Financial Focu\$ and College4Less

Fee: \$20



Member of Better
Business Bureau

LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS

This educational workshop will help families through the maze of financial complexities surrounding planning for the future of children and other dependents with special needs. Having access to resources, organizations, and support groups, to help you, future care providers, and your child is critical on a daily basis. Future planning is not only focused on lifetime care, but also quality of care for children or dependents with special needs. The workshop will explain techniques to preserve government benefits eligibility for SSI and Medicaid. We will discuss the importance of coordinating all documents including a special needs trust, letter of intent, guardianship, ABLE ACT OF 2013, and various funding options for the special needs trust. The workshop helps empower a parent to be an advocate for their child with special needs for the life of the child. Please bring a spousal guest or friend; only one registration fee will be charged. Registrations that include a spousal guest or friend should be mailed in, or phoned in to 860-870-6060, in order to accommodate both people.

Mon. 6:30-8:30 p.m. One Night RHS

Meets on 10/7

Instructor: Leonard J. Del Gallo, Jr., M.S.,

MPASsm, CFP®

Fee: \$19

OUT OF TOWN LANDLORD: LESSONS LEARNED DURING THE GREAT RECESSION

Students will learn to use certain criteria in order to decide whether they should purchase

rental properties outside of their home base. They will also learn some important resources in order to increase the probability of purchasing and managing out of town rental properties successfully. In addition, they will learn to use a checklist to make it an efficient and effective repeatable process. Students will leave class better able to make strategic rental property decisions versus buying into the so-called long held belief that buying certain properties guarantees "absolute profits." In the class, the instructor will describe how there is no such thing as absolute (or guaranteed) profits. Each student will receive a copy of the instructor's new book, Out of Town Landlord: Lessons Learned During the Great Recession. It provides the tools for a real estate investor to successfully invest in rental property more than an hour from their home base. The book is a fun read with good stories that the author tells about his adventures purchasing out of state rental properties during the Great Recession. The scope of the book covers his initial reason for investing in out of town rental properties, how to do it successfully, and ways to assess whether you have the EQ to be a fair and firm landlord. It includes a very thought provoking chapter on selecting areas of investing opportunity, how to market the properties, how to use the Internet for effective property management, how to collect rent and how readers need to assess their risk taking abilities. The book is relevant now as it is time for real estate investors to prepare for the next housing recession. When it happens that is when they need to be brave and make investments in rental properties regardless of whether those opportunities are in their home base or in an out of town real estate market. The author also provides some controversial stories on potential problems with using property managers. He shares ways to mitigate the potential problem with students. For those who do not want to relinquish the property management reins, it provides a framework on how to successfully self-manage out of town rental properties. There will be a \$20 materials fee at the time of registration for the class.

Session One: Tue. 6:00-7:30 p.m. One Night RHS
Meets on 9/24

Session Two: Wed. 6:00-7:30 p.m. One Night RHS
Meets on 10/23

Instructor: Eric Judge

Fee: \$20

PLANNING FOR LONG-TERM CARE: UNDERSTANDING MEDICAID AND HOW TO PROTECT YOUR ASSETS

Connecticut has the second highest cost of long-term care in the nation. So, unless you are planning to leave the State, you need to protect yourself and your retirement assets from long-term care costs. Should you give your home to your children? How can you get the State to pay for nursing home and home care? How can single individuals and married couples qualify for Medicaid benefits while keeping their assets and protecting their children's inheritances?



What is the 5-year lookback? How can you spend down? What should you do when a crisis hits? Is long-term care insurance a good idea? If you know the rules and plan ahead, you can still protect your hard-earned assets. Let's take the confusion out of the process and give you strategies for putting your 'house' in order. Get your questions answered by an experienced attorney who has been teaching for years and will give you the correct answers and provide actual cases showing how all of this works.

Tue. 6:00-7:30 p.m. One Night RHS
Meets on 10/1
Instructor: Attorney Colleen Masse
Fee: \$19

WHAT THE HECK IS A TRUST AND DO I NEED ONE?



You've heard about trusts. But what exactly are they and what do they do for you? You've heard the different types – Revocable, Irrevocable, Special Needs, Testamentary. In a nutshell, a trust is an ownership system between 3 people – the first person who gives the second person legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well...there's a little more to trusts than that! In this course, we'll explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. You'll walk away knowing how to use trusts to do things like... minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and how to avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage.

Tue. 6:00-7:30 p.m. One Night RHS
Meets on 10/22
Instructor: Attorney Colleen Masse
Fee: \$19

FOREIGN LANGUAGE CLASSES

BEGINNER SPANISH

This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some basic Spanish phrases, greetings, etc. Perhaps you are planning a trip to a country where Spanish is the primary language, or maybe some knowledge of Spanish would be helpful at your present job or in searching for a new job. No

previous educational experience with Spanish is necessary for this class. A basic textbook and workbook will be required for this class. The cost of the two books will be approximately \$35 and they will be available for purchase the first night before class begins. Enrollment in this class is limited to eighteen (18) students. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Carmen Parra-Chacon
Fee: \$55

INTRODUCTION TO THE ITALIAN LANGUAGE AND CULTURE

This course is ideal for anyone who plans to travel to Italy, or who wants an introduction to the Italian language and culture. Basic phrases, dialogues and grammar points will be covered. The instructor seeks to develop in the learner a sense of ease with the language. The focus will be on daily usage in dealing with everyday situations. Course material will be presented in an informal learning environment. A book will be required for this class at a cost of approximately \$35. Books will be available for purchase the first night before class begins. Please note that enrollment in this class will be limited to eighteen (18) students. *There are no discounts available on this class.*

Tue. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Filomena (Phyllis) Monarca
Fee: \$55

ITALIAN LANGUAGE AND CULTURE – PART II

The prerequisite for this class is the completion of the Introduction to Italian Language class or its equivalency in competence level.

This class will be a continuation of the Introduction to the Italian Language and Culture class. The course will focus primarily on conversation using topics previously discussed. There will be some new vocabulary and a more in-depth look at these topics as well as an inclusion of new cultural elements. Enthusiasts of all that is Italian and/or travelers to Italy are welcomed. The book from the introductory class will also be used for this class. Anyone who needs to purchase a book will be able to do so the first night of class at a cost of approximately \$35. Please note that enrollment in this class will be limited to eighteen (18) students. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/25
Instructor: Filomena (Phyllis) Monarca
Fee: \$55

ONLINE REGISTRATON

Begins on August 22, 2019
at www.vrabe.com

INDUSTRIAL ARTS

SMALL ENGINE REPAIR

This course is designed to help you become better acquainted with the small engines that are being used on lawn mowers, chain saws, garden tractors and other pieces of small equipment. This course will consist of care and use of small engine equipment, 2 and 4 cycle engines, basic principles of carburetion, ignition, lubrication, cooling and fuel systems. The first class will be instructional; after that students may bring in their own small engine items that need repair. Also, students can bring in their own small tools for use in class. There is a 25% senior citizen or military discount on this class.

Tue. 6:00-8:30 p.m. 8 wks. RHS
Starts 9/24 (No Class on 11/5)
Instructor: Jesse Puniello
Fee: \$70

AUTO MAINTENANCE

This course is for the beginner as well as for the advanced student. Areas of interest that will be covered include the basic study of automobile maintenance such as oil changes, spark plugs, air filters and brakes. There will be a lab fee of \$20 payable at the time of registration for the class. *There are no discounts available on this class.*

Wed. 6:00-9:00 p.m. 9 wks. Cheney Tech in Manchester Located in Auto Shop, Rear of Building, Lower Level
Meets Wed. 9/25, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20. In addition, this class will meet on Tuesday night, 10/1
Instructor: Mark Lawrence
Fee: \$80

JEWELRY MAKING

JEWELRY MAKING 101

This class is for anyone who is interested in making beaded jewelry. If you have taken it before, why not come again! You will have the opportunity to make a different accessory each week. You will learn to make earrings, bracelets, and necklaces with many different types of beads including glass, plastic, metal, semiprecious, etc. You can make as many items as time allows in each class. The instructor will supply all of the tools, and will bring supplies for you to purchase. There will be a lab fee charged each week that will vary from \$2 to \$15 depending upon the beads selected for each project. Come and make something special for gift giving or for yourself. This course is great fun! Enrollment is limited, please register early.

Tue. 6:30-8:30 p.m. 7 wks. RHS
Meets 9/24, 10/1, 10/15, 10/22, 10/29, 11/12, 11/19
Instructor: Sandy Merrill
Fee: \$55

JEWELRY MAKING 101 OFFERED AT VERNON YOUTH SERVICES

This class is for anyone who is interested in making beaded jewelry. If you have taken it before, why not come again! You will have the opportunity to make a different accessory each week. You will learn to make earrings, bracelets, and necklaces with many different types of beads including glass, plastic, metal, semiprecious, etc. You can make as many items as time allows in each class. The instructor will supply all of the tools, and will bring supplies for you to purchase. There will be a lab fee charged each week that will vary from \$2 to \$15 depending upon the beads selected for each project. Come and make something special for gift giving or for yourself. This course is great fun! Enrollment is limited, please register early.

Thursday 9:30-11:30 a.m. 7 wks. VYS
Meets 9/26, 10/3, 10/17, 10/24, 10/31, 11/7, 11/14
Instructor: Sandy Merrill
Fee: \$55

WIRE JEWELRY 101

This beginner class is designed for anyone curious about wirework jewelry. You will learn the basics about tools, materials, and techniques to build on for future projects. In class, you'll learn how to make a pair of earrings (including the ear wires!) and a tree of life pendant with gemstone chips. You will also have the option to make a ring or key pendant. The instructor will supply tools and bring materials. There will be a \$20 fee for materials payable at the time of registration for the class. Enrollment in this class will be limited to ten (10) students. *There are no discounts available on this class.*

Mon. 6:30-8:30 p.m. 3 wks. RHS
Starts 10/21
Instructor: Sandra Van Vooren
Fee: \$30

WIRE JEWELRY 102

This class is for advanced beginners, best for those with some experience with wire or who have taken Wire Jewelry 101. We'll continue to work on learning new techniques with the added challenge of capturing stones. In class, you'll learn how to make a decorative wire bail for large drilled stones, a simple net for catching crystals and uneven stones, and a more complex net for working with polished stones. The instructor will supply tools and bring materials. There will be a \$25 fee for materials payable at the time of registration for the class. Enrollment in this class will be limited to ten (10) students. *There are no discounts available on this class.*

Mon. 6:30-8:30 p.m. 3 wks. RHS
Starts 11/11
Instructor: Sandra Van Vooren
Fee: \$30

HOME IMPROVEMENT

CREATING A WELCOMING SPACE FOR CHILDREN

Are you thinking of creating a wonderful children's room or play space in your home? Join our design class, and learn how to add color, furnishings and useful play and work space to enhance your child's room.

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 11/20
Instructor: Neil Betts
Fee: \$20

HOME STAGING TO ENHANCE YOUR PROFITABILITY

Are you thinking about selling your home? Did you know "staging your home helps it to sell 73% faster" based on The Mortgage Reports. Join our Home Staging class and learn how to create a captivating environment to attract potential buyers. Come explore proven techniques to maximize your bottom line. This session will enable you to enhance features of your home.

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 10/16
Instructor: Neil Betts
Fee: \$20

KITCHEN REMODELS – ALL YOU NEED TO KNOW!

Want to do a kitchen remodel or update, but don't know where to start? Are you completely confused with all the industry choices and trends out there? Please join our design class and learn how to select your traditional, transitional or contemporary style cabinets and colors. Let's explore the questions about stock, semi-custom and custom cabinetry. Get a better understanding about space planning and industry trends. Lastly, what questions can we explore together that you may have regarding kitchen remodels.

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 9/25
Instructor: Neil Betts
Fee: \$20

REPLACEMENT WINDOW WORKSHOP Compare products & prices. See how windows are properly installed!

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 you pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

Tue. 6:30-8:30 p.m. One Night RHS
Meets on 10/1
Instructor: Paul O'Doherty
Fee: \$20

COMMUNITY SERVICE OFFERINGS

CRUMBLING FOUNDATIONS AND MORTGAGES – TO PAY OR NOT TO PAY?

If you have a crumbling foundation, or think you have one, or live in an area where home values are affected by crumbling foundations, you may be wondering if paying your mortgage is "worth it." After all, the goal is to gain equity in your property with every monthly payment, but if your home value has dropped drastically because of the crumbling foundation crisis, you are probably looking for answers. There are a variety of options with regard to paying or not paying your mortgage that will be explored in this presentation for affected homeowners. Taught by an experienced consumer protection attorney whose main focus is mortgage litigation, you will take away new information and strategies from this seminar to guide your future plans. REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Tue. 6:30-8:00 p.m. One Night RHS
Meets on 10/1
Instructor: Attorney Sarah Poriss
No Registration Fee

STEALING FROM PETER TO PAY PAUL? Budgeting and Debt Elimination

Are you tired of financing dinner? Imagine returning from a vacation and not having a penny of it on your credit card. Personal and family budgeting does not have to be difficult. With a little instruction anyone can learn to master his or her budget. Learn how to own your own paycheck and get out of debt completely. Students will receive a budget and experienced coaching on how to use it. There will be a \$10 fee for materials payable at the time of registration for the class. REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Wed. 7:00-8:30 p.m. 2 wks. RHS
Meets on 10/2 and 10/9
Instructor: Craig Nelson of The Financial Literacy Coalition
No Registration Fee

NEW

Free Childcare Evenings



FREE Childcare

VRABE at Rockville High School
while you complete your

high school diploma or improve English (ESL)

Your child receives:

- dinner and snacks
- homework help
- fun and games

childcare during class times 4:30-9:00 p.m.

860-870-6060

www.vrabe.com

*We are able to offer this program thanks to a grant opportunity through a partnership with **VRABE** and the **Office of Early Childhood**.*

*Childcare provided by **Academy of Arts & Learning***

In an effort to continue to bring new and interesting courses to our program, Vernon Continuing Education is always looking for new instructors to bring their talent to us. No formal teaching experience or certifications are necessary – just your skill and interest in a hobby or topic and a willingness to share your knowledge with other adults.



Please contact:
Cathy Berryman
860-870-6060
cathy.berryman@vernonct.org

WORKPLACE EDUCATION

VRABE'S PROGRAM BRINGS THE CLASSROOM TO YOUR COMPANY

WE OFFER:

- Customized Training
- At Your Location
- Targeted For Your Company's Needs

EMPLOYER BENEFITS:

- Increased Productivity
- Improved Health and Safety Record
- Improved Employee Morale and Team Performance

COURSES OFFERED:

- English as a Second Language (ESL)
- Contextualized Skills Tailored to Your Company
- Computer Training in Microsoft Office Applications

Contact: Richard Welk, Coordinator at

860-870-6060

Richard.welk@vernonct.org

www.vrabe.org/content/training.asp

BREAST CANCER DETECTION AND HEART DISEASE SCREENING

If you are a woman between age 40 and 64 and have limited income and no health insurance, you may be eligible for a FREE Pap test, mammogram, and heart disease screening through Eastern Connecticut Health Network's CT Breast and Cervical Cancer Early Detection Program. For more information call Marti at 860-872-5368. These services are made possible with the support of the Centers for Disease Control and Prevention, and the Connecticut Department of Public Health and Cervical Cancer Detection Program. Call today to find out if you qualify for these FREE health screenings.

EASTERN CONNECTICUT HEALTH NETWORK FAMILY RESOURCE CENTER

ECHN's Family Development Centers in Vernon and Manchester offer a variety of services to families in the Vernon and Manchester areas. Services offered at the centers include: playgroups; home visits centered around developmentally appropriate activity rather than individual child; parenting workshops; parenting classes; toy, video and book lending library; and computer and Internet services. Parents can contact Shelly Matthews at the Manchester Center at 860-647-3392 or Joan O'Donnell at the Vernon Center at 860-896-4550.

REGISTRATION INFORMATION

REGISTER BEGINNING ON AUGUST 22, 2019

The FALL Semester begins on Monday, September 23, 2019

**NO CLASSES WILL BE HELD AT ROCKVILLE HIGH SCHOOL,
VERNON CENTER MIDDLE SCHOOL, ROCKVILLE LEARNING CENTER,
OR VERNON YOUTH SERVICES**

**ON MONDAY, OCTOBER 14th, TUESDAY, NOVEMBER 5th OR ON
WEDNESDAY, THURSDAY AND FRIDAY, NOVEMBER 27th, 28th, AND 29th**

HOW TO REGISTER



• **ON-LINE at www.vrabe.com.** **ON-LINE is the best way to register for class.** On-line registration begins on Thursday, August 22, 2019 at 8 a.m. and is available 24 hours a day, seven days a week. Since some classes have limited enrollment and fill up quickly, on-line is the best way to assure yourself a spot in the class or classes that are of interest to you. Go to www.vrabe.com and click on the Continuing Education link at the top of the home page. This will bring you directly to the Continuing Education page where you can view the catalog and all of the course offerings. To register for a class click on the category on the left side of that page and all of the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.



• **BY MAIL:** Complete the registration form on Page 35. Mail it together with your check payable to **Vernon Continuing Education** to: Vernon Continuing Education, Rockville High School, 70 Loveland Hill Road, Vernon, CT 06066.



• **BY TELEPHONE:** If you are paying with your MasterCard or Visa, you may register between the hours of 8:00 a.m. and 3:00 p.m., Monday through Friday by calling 860-870-6060.



• **TO REGISTER IN PERSON:** You may register in person Monday through Friday from 8:00 a.m. until 2:30 p.m. by visiting the Adult and Continuing Education office at Rockville High School, 70 Loveland Hill Road in Vernon. Please call 860-870-6060 before going to Rockville High School to be certain that there is someone in the office to take your registration.

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

CONTINUING EDUCATION CLASSES OFFERED IN THIS CATALOG ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS. ALL CONTINUING EDUCATION CLASSES ARE FEE BASED. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.com OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

REFUND POLICY

**A refund is given only if the class you are registering for is already full or if a class is cancelled.
NO OTHER REFUND REQUESTS WILL BE HONORED**

GENERAL INFORMATION

CLASSES ARE HELD IN VERNON AT MULTIPLE LOCATIONS AND ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS.

Please check individual course schedules for date, time and location of each class. Classes are offered at RHS = Rockville High School; VCMS = Vernon Center Middle School; Rockville Learning Center; and Vernon Youth Services.

1. REGISTRATION FEES are payable at the time of registration. Payment can be made by check, cash, money order, MasterCard or Visa. In some classes, this does not include the cost of books, materials or lab fees. See course description for details. **THERE WILL BE A \$20 FEE CHARGED FOR CHECKS RETURNED TO OUR OFFICE DUE TO INSUFFICIENT FUNDS.**

2. REGISTRATION BEGINS ON THURSDAY, AUGUST 22, 2019. You may register online at www.vrabe.com or by telephone at 860-870-6060.

3. SENIOR CITIZENS (62 years of age), Military (including active, reserves or retired) and handicapped persons will receive a 25% discount on one course each semester costing \$29 or more. Courses with fees less than \$29 are not subject to any discounts. **No discount is given on any limited enrollment course, any new course, or on any academic course.** Other courses not subject to a discount are so noted in the catalog.

4. LAB FEES: Where noted, some of the lab fees are payable in cash or money order directly to the instructor on the first night of class. Personal checks will not be accepted for lab fees for these classes. **Lab (materials, supply) fees for many of the classes will now be paid at the time you register for the class. These fees can be paid by whatever method you are using for the registration fee – credit card, personal check or cash. If you are mailing in your registration and using a personal check, please make sure to include the lab fee if your class is one of the those where it must be paid when you register.**

5. NO REGISTRATION CONFIRMATION WILL BE MAILED TO YOU. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.com, OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

6. CLASS CANCELLATIONS due to inclement weather or other emergencies can be seen on your local television station and will be announced on the telephone voicemail at the Continuing Education office. You may access this information by calling 860-870-6060 and selecting option 3 from the menu. The general rule is that if day school is cancelled or closed early, then all evening classes will be cancelled as well.

7. TEACHER ABSENCE: If an instructor is absent for any reason, he or she will notify class members and a week will be added on to the end of the semester to make up the missed class.

8. Vernon Continuing Education reserves the right to cancel classes, change instructors, or make any modifications to insure the soundness of the program. Refunds will not be given because of a change of instructor.

9. Unless otherwise stated in a specific course write-up, all students taking Continuing Education classes must be at least eighteen years of age.

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

NO OTHER REFUND REQUESTS WILL BE HONORED

FOR ADULT STUDENTS TAKING CLASSES AT ROCKVILLE HIGH SCHOOL

YOU MUST ENTER ROCKVILLE HIGH SCHOOL EITHER THROUGH THE MAIN DOORS WHICH FACE LOVELAND HILL ROAD OR THROUGH THE BACK DOORS WHICH ARE ON THE VO AG (NORTH) SIDE OF THE BUILDING. YOU MAY PARK IN THE LOT IN FRONT OF THE BUILDING OR IN THE LOT ON THE NORTH SIDE OF THE BUILDING. PLEASE NOTE THAT PARKING IN THE LARGE LOT ON THE SOUTH SIDE OF THE BUILDING WILL CREATE A VERY LONG WALK TO THE FRONT MAIN ENTRANCE OR THE REAR ENTRANCE. THESE ARE THE ONLY TWO ENTRANCES THAT WILL BE OPEN.

DIRECTIONS TO ROCKVILLE HIGH SCHOOL (RHS) 70 Loveland Hill Road, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exits 64-65. Ramp divides. Bear left. Ramp divides again, bear right to stoplight. You will be on Route 83 North. Go to the 9th stoplight on Route 83. At that light turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building. **Traveling West:** Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. Go straight through the stoplight and follow Center Road to the end. Turn left at the end of Center Road onto Regan Road. At the first stoplight, go right onto Route 83 North. At the first stoplight turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

DIRECTIONS TO ROCKVILLE LEARNING CENTER 33 West Main Street, Vernon/Rockville, CT 06066

PARKING AVAILABLE PLEASE SEE DIRECTIONS BELOW

Follow the directions above to Rockville High School; however, do not go right at the 9th stoplight but rather continue straight on Route 83. Continue on Route 83 for five additional stoplights. At the fifth set of lights Route 83 takes a left turn, and Route 74 begins. Do not go left. Stay straight on Route 74. At the second set of lights you will see Rockville General Hospital on your right. Go through those lights and the Vernon Regional Adult Education, Rockville Learning Center location is the first storefront in the next block on the right (33 West Main Street). To park in the lot, take a right at the lights at Rockville General Hospital and then take the first left into our parking lot. You may enter the building through the lower level door and walk up the stairs to the main level, or you may walk up the outside stairs and enter the building through the front door.

DIRECTIONS TO VERNON YOUTH SERVICES 9 Elm Street, Vernon/Rockville, CT 06066

Follow the directions above to Rockville High School; however, do not go right at the 9th stoplight but rather continue straight on Route 83. Continue on Route 83 for five additional stoplights. At the fifth set of lights Route 83 takes a left turn, and Route 74 begins. Do not go left. Stay straight on Route 74. At the second set of lights you will see Rockville General Hospital on your right. Go through those lights and proceed to the next set of lights at which you will turn left onto Park St., take another immediate left onto Park Place, follow Park Place to the end. The Vernon Youth Services building and parking lot will be directly across from you. You may either go right onto Elm Street and park on the street, or you may drive across Elm Street and park in the building parking lot. You may enter through the back door of the building. There is an elevator inside the back door. Proceed to the second floor.

DIRECTIONS TO VERNON CENTER MIDDLE SCHOOL (VCMS) 777 Hartford Turnpike, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exit 66. At the end of the exit ramp go left. At the stop sign (blinking light) go left onto Bolton Road. At the first set of lights go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left. **Traveling West:** Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. At the first set of lights, go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.

REGISTRATION FORM

PLEASE COMPLETE THIS FORM IN FULL AND MAIL IT TO:
VERNON CONTINUING EDUCATION, ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD, VERNON, CT 06066

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

1.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
2.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
3.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
4.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE: HOME _____ WORK _____ CELL _____

EMAIL ADDRESS _____

I AM A SENIOR CITIZEN (62 YEARS OLD OR OLDER) YES NO

I AM MILITARY ACTIVE RESERVES RETIRED

PLEASE CHECK YOUR METHOD OF PAYMENT: CASH CHECK MONEY ORDER

* MASTERCARD NUMBER _____

* VISA CARD NUMBER _____

* EXPIRATION DATE _____

* 3 NUMBER SECURITY CODE ON BACK OF CARD BY SIGNATURE LINE _____

* SIGNATURE _____

* REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations the week before the class begins, the course may be cancelled. So please register early!

SOME NEW COURSES THIS SEMESTER

- ❖ All Things Chicken 2
- ❖ American Sign Language (ASL) 1
- ❖ Be a Super Ager: 39 Tips to Learn & Practice
- ❖ Cake Decorating
- ❖ Chocolate Pies & The Chocolate Box
- ❖ Deciphering Fad Diets
- ❖ Designing Your Own Website
- ❖ Fall & Holiday Wreath Making
- ❖ Get Healthy & Beautiful...Inside & Out
- ❖ How to Have a Stress-Free Holiday
- ❖ Latin Dance Class
- ❖ Manifesting Positive Change
- ❖ Need Some Dough?
- ❖ Personal Health Mandalas & Vision Boards for the New Year
- ❖ Pendulum Divination
- ❖ Pilates Core
- ❖ The Power of Your Mind
- ❖ Salads & Dressings
- ❖ Soothe Holiday Stress w/Essential Oils
- ❖ A Trio of New SoulCollage® Classes
- ❖ Sound Healing 1 & 2
- ❖ Techno Stress:
- ❖ The Dark Side of Technology
- ❖ What the Heck is a Trust & Do I Need One?

TABLE OF CONTENTS ON PAGE 3

ALSO INSIDE

- ❖ High School Credit Diploma
- ❖ NEDP – National External Diploma Program
- ❖ GED Preparation Classes
- ❖ Citizenship
- ❖ ESL – English as a Second Language
- ❖ Online/Distance Learning

REGISTER EARLY

AVOID BEING

DISAPPOINTED



REGIONAL ADULT BASED EDUCATION

70 Loveland Hill Road

Vernon, CT 06066

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