

**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**

FALL 2020

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



**REGISTRATION BEGINS
August 20, 2020**

See Registration Information on Page 4
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!

Page 7

ART CLASSES

Explore your creative side with one of our Art classes. You can discover the joy of creating with clay or try your hand at Beginning Drawing or Painting with Watercolors. We offer both a beginners and more advanced level Watercolors class. Enrollment is limited in these classes so please register early!



Page 26

FLORAL DESIGN CLASSES

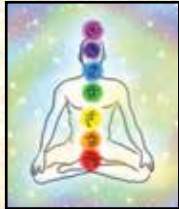
Learn the art of working with fresh flowers at either the beginner or intermediate level. The principles of good design will be discussed, with more challenging designs being taught at the Intermediate level.



Pages 7-12

HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Try Tai Chi, Chair Yoga, Qigong, Yoga, or Meditation. Join us for Reiki I & II, and Essential Oils classes for gardeners, to soothe the holiday stress, emotional aromatherapy, and to help you handle the winter months. Returning this semester, we have Learning to Let Go of Stress, Sleep Yoga, Intro to SoulCollage®, Crystals & Mineral Healing and Sound Healing 1 & 2. We have many new offerings including Caring for Seniors, Basic First Aid for Children, Healthcare 101, Health-E Apps, Understanding Weight: Beyond Diet & Exercise, and Soul ReAwakening with Movement & Rest.



Pages 30-31

JEWELRY MAKING

Interested in making beaded jewelry? Join this fun, affordable class and learn to make lovely jewelry for gift giving or for yourself. Or learn how to make earrings and a tree of life pendant in our Wire Jewelry 101 class. Wire Jewelry 102 will return this semester for those who are looking for a more advanced class. These classes are a relaxing way to focus on being creative and productive. Take this opportunity to explore your creative side and to make new friends.



Page 29

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 and for those looking for a more advanced class, we've added American Sign Language (ASL) 2.



Pages 18, 23-25

ENRICHMENT & PERSONAL DEVELOPMENT

Among the returning classes are favorites such as Animal Reiki, How to Love Your Retirement, Beginning Bridge, Boating Safely, Psychic Development I & II, and Learn the Tarot. New this semester a Creative Writing Workshop will be offered. Additionally, we have 1-night classes on animal communication and decluttering and organizing.



Pages 16-17

DANCE, DANCE, DANCE!

Come join the fun, make new friends and dance the night away! Returning this semester, we have Beginner Ballroom Dancing and Ballroom Basics 2 for those who have taken the first level class, and Line Dancing. This semester Couples Swing and Country Western Couples and Partner Dancing will have a 4-week beginners session and another 4-week session for those who already have the basics. Sign up for one or more!



Pages 23-24

DIGITAL PHOTOGRAPHY

Learn how to take quality photos as well as all the basics of photography with Digital Photo for Beginners. For those who have already taken the first level class, returning this semester we have Creating Photos That Will Knock Your Socks Off, and new for the Fall, Throwing Light on the Subject.



Pages 12-13

COMPUTER & MORE CLASSES

Classes that are offered include Introduction to Computing, Excel, and Word. Returning this semester, we have Facebook 101, Lost in Social Media, Designing Your Own Website, How to Start and Launch a Physical Brand Online and What you can do with Smartphone Photos. New this semester, we have Developing Your Own Website and Facebook & Instagram for Business.



“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
TBA, Continuing Education Program Facilitator*

**REGISTRATION BEGINS ON
Thursday, August 20, 2020**

**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

VERNON YOUTH SERVICES
9 Elm Street
Vernon, CT 06066

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REGISTRATION INFORMATION

REGISTER BEGINNING ON AUGUST 20, 2020

The FALL Semester begins on Monday, September 28, 2020

NO CLASSES WILL BE HELD AT ROCKVILLE HIGH SCHOOL, VERNON CENTER MIDDLE SCHOOL, OR VERNON YOUTH SERVICES ON MONDAY, OCTOBER 12TH, TUESDAY, NOVEMBER 3RD AND NOVEMBER 25TH – 27TH

HOW TO REGISTER



• **ONLINE at www.vrabe.com.** ONLINE is the best way to register for class. On-line registration begins on Thursday, August 20, 2020 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, online 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 the course offerings. To register for a class click on the category on the left side of that page and all 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; 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 20, 2020. You may register online at www.vrabe.com or by telephone at 860-870-6060.

3. SENIOR CITIZENS (62 years of age), Military (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 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

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: 860-870-6060

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 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 on 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 9/29 (No Class on 11/3)
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 9/30
Instructor: Jennifer Jeffreys
Fee: \$60

PAINTING WITH WATERCOLORS – BEGINNERS/INTERMEDIATE

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 twelve (12) students. *There are no discounts available on this class.*

Session One: Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/29 (No Class on 11/3)
Session Two: Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/30
Instructor: Maaida Sheriff
Fee: \$60

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 9/30
Instructor: Sally Balukas
Fee: \$60

HEALTH IN BODY AND MIND

CARING FOR SENIORS



This dynamic team of presenters will provide you with a full circle of available options for you and your loved ones. They will discuss senior health care related challenges. The four speakers will share their expertise with you, leaving you enlightened on the best resources to overcome the everyday struggles of senior life.

Our speakers:

- Nazalia Tatashadze, owner of Rocky Hill Day Center, will speak on the benefits of adult day care.
- Kristine Lajeunesse, owner of Always Best Care Senior Services in Manchester, will provide an overview of in-home care.
- Michelle Dempsey, a Title 19 specialist, will focus on the state-funded and Medicaid levels of the home care program.
- The instructor, Robin Young-Cournoyer, RN and owner of Advocates for Senior Independence, LLC, will explain the role of the health advocate and its value in guiding seniors and their families in navigating the very complex medical world.

Please bring any and all questions for this panel of experts! This will be an interactive, informative and exciting session!

Tue. 7:00-8:30 p.m. One Night RHS
Meets on 10/27
Instructor: Robin Young-Cournoyer, MS RN
Fee: \$20

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 9/30

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

Fee: \$45

CRYSTALS AND MINERAL HEALING

Do you love collecting crystals and minerals? Do you want to learn how to use them metaphysically to support healing? Students will learn how to use crystals and minerals to protect from negativity, to promote healing, and to increase psychic awareness. Students will learn to safely use a pendulum for divination and how to make a casting bag for divination. A huge array of crystals and minerals will be brought in for display and demonstration purposes.

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

Meets on 10/20

Instructor: Karen Cote

Fee: \$25

ESSENTIALS OILS:

A GARDENER'S BEST TOOL

Essential oils can be valuable tools for every gardener. Whether you are trying to chase away garden pests, improve health and growth of the plants, or restore those gardener hands, essential oils can help. Come learn about easy ways that you can use essential oils to enhance your natural gardening experience. Leave class with gardening tips, DIY recipes, and resources to help your garden grow in a nontoxic and natural way!

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

Meets on 9/29

Instructor: Jessica Soucy, Essential Oil Educator

Fee: \$20

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. All materials will be supplied to you with a lab fee, payable in cash to the instructor prior to making products, which 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 10/20

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 to 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 also include rollerballs or room sprays. Make and Take options will start at \$6.00 and be dependent on what you would like to take home. All materials will be supplied to you. The lab fee is to be paid in cash to the instructor prior to making the products.

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

Meets on 11/10

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 rollerball 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

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

materials will be provided to you.

Tue. 6:00-8:00 p.m. One Night RHS
Meets on 12/1

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

BASIC FIRST AID FOR CHILDREN



Who should attend? Parents, aunts, uncles, grandparents or anyone else that spends time with children. Have you always wanted to take a First Aid class, but couldn't find the time? Here is your chance to learn valuable, key components of basic First Aid for children in just one hour! Topics to be covered include what you can do in your home to make it a safer, healthier place for children and what to do in case of an emergency for a child in your care. You will have an opportunity to practice what you are learning on infant and child mannequins. There is a \$5 materials fee payable at the time of registration for the class.

Tue. 6:30-7:30 p.m. One Night RHS
Meets on 11/10

Instructor: Robin Young-Cournoyer, MS RN
Fee: \$15

HEALTHCARE 101: HOW DID WE END UP HERE, AND WHERE WILL WE GO?



Our healthcare system is broken. We all can agree. Despite spending some of the most money in the world on health care, our quality is among the worst in developed countries. How did we get here? How did insurance come to be, and how are people trying to change the delivery of health care? This talk will discuss the history and evolution of our healthcare system, from insurance to Medicare/Medicaid, to new initiatives across the state and country on how to improve health care for everyone. For anyone who wants a better understanding of the healthcare system as it is today, and where it could be going, join us.

Mon. 6:30-7:30 p.m. One Night RHS
Meets on 10/5

Instructor: Vasanth Kainkaryam, M.D.
Fee: \$15

HEALTH-E APPS



We've all heard of common fitness apps like MyFitnessPal and Lose It, but there is so much more. Apps that can help us understand what to expect for our medical care, apps that can remind us to take our meds, or learn about our bodies, and apps that can help us understand our feelings and emotions....Join us to learn about smartphone apps that can help you stay healthier, and learn what some of the studies are showing that apps can do for you.

Mon. 6:30-7:30 p.m. One Night RHS
Meets on 12/7

Instructor: Vasanth Kainkaryam, M.D.
Fee: \$15

LEARNING TO LET GO OF STRESS

In today's society, stressful situations and environments surround us, making it all the more important to understand how to manage stress to maintain proper well-being.

This fun and informative five-part series will explore the nature of stress and the variety of ways in which one can manage their stress in a holistic way. You will learn and identify the stressors affecting your life, explore coping strategies for stress, and learn how to employ a variety of relaxation techniques. This series will conclude by taking a look at how living in a digital society is having an effect on daily stress. Each class will be a mixture of content, discussion, and activity. Come and learn how to let go of stress and lead a healthier life! There is a \$5 materials fee payable at the time of registration for the class. Enrollment is limited to fifteen (15) students. *There are no discounts available on this class.*

Mon. 6:00-8:00 p.m. 5 wks. RHS
Starts 11/9

Instructor: Lisa Huppert
Fee: \$45

MATTRESS 101



The right mattress and pillow are the best combination in the sleep equation for our health. In this class you will learn all you need to know about mattresses – their categories, pricing, comfort, and support. Mattress support comes from the coil gauges of the individual coils – how that combination works together gives you the longevity of the product. Purpose of adjustable bases, convenience of split boxes and box springs, as well as their sizes, will be discussed. Other areas to be covered include the different sizes of mattresses – twin, twin long, full, queen and king; the difference between metal frames as well as new technology; pillow sizes and how they fit with your neck to help with circulation; mattress covers that protect the mattress from dead skin cells as well as stains; and how the warranty works as well as manufacturer support to the consumer.

Session One: Mon. 7:00-8:00 p.m. One Night RHS
Meets on 10/19

Session Two: Mon. 7:00-8:00 p.m. One Night RHS
Meets on 11/16

Instructor: Gaye Whitham
Fee: \$15

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.

Mon. 6:30-7:30 p.m. 2 wks. RHS
Starts 9/28
Instructor: Clare Vidich
Fee: \$30

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 9/30
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 9/30
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: \$90

REIKI LEVEL II CERTIFICATION CLASS

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 2 Instruction course, students will receive

a training manual. You will receive Level 2 sacred symbols and attunement, as well as Reiki 2 Practitioner Certification. The last session will incorporate a practicum part in which students will practice proper hand placements for treatment. 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 10/28
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. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Mon. 7:00-8:00 p.m. 4 wks. RHS
Starts 10/19
Instructor: Jennifer C. Hirschberg-Wise, OTR/L,
Divine Sleep® Yoga Nidra Guide
Fee: \$35

INTRODUCTION TO SOULCOLLAGE®

Would you like to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect with your creativity? If so, SoulCollage®, as created by Seena Frost (www.soulcollage.com) is for you! No artistic skills are needed to create SoulCollage® cards. Learn how to mix imagination and intuition using powerful images to form a card that will reflect your inner self. Come make one, two, or possibly more cards that eventually will form a deck that becomes your own visual journal. Even though this is a class meant to introduce the process of SoulCollage®, experienced SoulCollage® card creators are welcome to join in and create! There is a \$10 materials fee payable at the time of registration for the class. All materials are included. Enrollment

is limited to twelve (12) students. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 3 wks. RHS
Starts 9/29
Instructor: Lisa Huppert
Fee: \$35

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 to 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. There is a \$5 materials fee payable at the time of registration for the class. Enrollment will be limited to twelve (12) students. *There are no discounts available on this class.*

Wed. 6:00-9:00 p.m. 4 wks. RHS
Starts 9/30
Instructor: Denise Cassella, RMT
Fee: \$50

SOUND HEALING – LEVEL 2

Prerequisite for this class is Sound Healing - Level 1; Proof of Certification will be needed at the first class if it was received outside of Vernon Continuing Education

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. There is a \$5 materials fee payable at the time of registration for the class. Enrollment will be limited to twelve (12) students. *There are no discounts available on this class.*

Wed. 6:00-9:00 p.m. 4 wks. RHS
Starts 10/28
Instructor: Denise Cassella, RMT
Fee: \$50

SOUL REAWAKENING WITH MOVEMENT & REST



Have you lost the connection to yourself, your dreams, joy and purpose? Feeling busy, anxious, sick, tired and lacking joy? It's time for a Soul ReAwakening! Rejuvenate your body, mind and spirit with JourneyDance™, a transformational movement phenomenon best experienced. No dance experience necessary. You have the rhythm inside. Release any old thought patterns and move into a new chapter of

possibility. Dance like no one is watching. Come as you are and drop expectations and judgment. It is a process that is personal each time you practice in a safe and welcoming environment. Experience deep levels of healing and relaxation with Divine Sleep® Yoga Nidra. Enjoy the experience of being systematically guided to deeper levels of relaxation. Research suggests that a short experience of Yoga Nidra is equal to extended periods of deep rest. You may even fall asleep and that's perfect! Move out of the past and into the future inspired and rejuvenated! This class is accessible to all! You just need to admit that it's time and show up! Wear comfortable clothing and this class can be experienced with shoes on or off. Wear socks with non-skid surfaces for your safety and comfort. Bring water or drink with a secure cover. Be prepared for anything as you reconnect with your Soul ReAwakening!

Mon. 6:30-8:30 p.m. One Night RHS
Meets on 10/5

Instructor: Jennifer C. Hirschberg-Wise, OTR/L,
JourneyDance™ Facilitator &
Divine Sleep Yoga® Nidra Guide

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 9/28 (No Class on 10/12)
Instructor: Cynthia Barlow
Fee: \$55

UNDERSTANDING WEIGHT: BEYOND DIET AND EXERCISE



Time to get in shape – and yet struggling. Have you ever wondered why? Why does your doctor talk about BMI and what is it? Is obesity a survival mechanism or a disease? Join us in learning about the theories of how the body maintains its weight, including whether there is a weight set point, and why losing weight can be hard. Let's talk about how to address weight loss challenges from perspectives of lifestyle, behavior change, as well as medications proven to help. What happens when we begin to think of obesity as not a lifestyle choice but a medical condition that should be understood in order to treat it?

Mon. 6:30-7:30 p.m. One Night RHS
Meets on 9/28
Instructor: Vasanth Kainkaryam, M.D.
Fee: \$15

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 expensiveness 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 9/29 (No Class 11/3)
Instructor: Cynthia Barlow
Fee: \$55

COMPUTER CLASSES

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. RHS
Starts 9/28 (No Class on 10/12)
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.

Session One: Tuesday Morning 9:30-11:30 a.m.
8 wks. RHS Starts 9/29 (No Class 11/3)
Session Two: Wed. Evening 6:00-8:00 p.m.
8 wks. RHS Starts 9/30
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.
RHS Starts 9/29 (No Class 11/3)
Instructor: Marjorie Cox
Fee: \$85

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 9/28 & 9/29
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 10/5 & 10/6
Instructor: John Pastorelle
Fee: \$29

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. 3 Nights RHS
Meets on 10/13, 10/19 & 10/20
Instructor: John Pastorelle
Fee: \$40

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 RHS
Meets on 10/26 & 10/27
Instructor: John Pastorelle
Fee: \$29

DEVELOPING YOUR OWN WEBSITE

Prerequisite: Designing Your Own Website Class

Now that you are familiar with the principles of designing a website, we will take the next step and develop a website. We will use WordPress, one of the most popular Content Management Systems (CMS), to develop our beginner website. In this class, you will become familiar with the front-end components of a WordPress website including Themes & Plugins. We will learn about the backend components and maintenance including php, MySQL/phpMyAdmin, and your website's directory structure.

Mon. & Tue. 6:00-8:00 p.m. 3 Nights RHS
Meets on 11/16, 11/17 & 11/23
Instructor: John Pastorelle
Fee: \$40

HOW TO START AND LAUNCH A PHYSICAL BRAND ONLINE

Basic computer knowledge required; no coding knowledge needed.

Personal laptop recommended.

Learn how to start a business selling physical

products online. Don't have a product to sell? No worries. In this class, you will learn: how to build a brand online using Shopify; how to sell your own products and/or other physical products online without stocking inventory; and how to design and sell print on demand products online. The class will also include an introduction to Facebook, Instagram, Social Media Marketing and Email Marketing for business. This opportunity is perfect for working parents or stay-at-home moms and dads to generate additional income.

Mon. 7:00-9:00 p.m. 6 wks. RHS
Starts 10/19
Instructor: Shaneika Burchell-Kerr
Fee: \$55

FACEBOOK & INSTAGRAM FOR BUSINESS

Personal laptop recommended.

This class is for business owners looking to create an online presence on social media and reach a targeted audience for their business. We will cover how to start a Facebook business account; how to use Facebook business manager; how to create a Facebook advertisement to find the right audience for your brand; how to create an Instagram account and how to use the latest features of Instagram to reach and engage your audience; how to quickly and easily create and schedule content for both Instagram and Facebook, and how to create an advertisement for Instagram.

Tue. 6:00-8:00 p.m. 5 wks. RHS
Starts 9/29
Instructor: Shaneika Burchell-Kerr
Fee: \$45



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, 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. *There are no discounts available on this class.*

Tue. 6:00-8:30 p.m. 4 wks. RHS
Starts 10/6
Instructor: Linda Stevenson
Fee: \$45

ROYAL ICING FLOWER & CAKE DESIGN



Prerequisite: Building Buttercream Skills (4-Week Course)

Are you looking forward to learning more flowers and advanced cake decorating techniques? You will be working with both Buttercream and Royal icing for flowers, medium to use when creating flowers. You will create 7 different flowers: blossoms, rosebud, pansy, violet, lily, poinsettia. You will also learn appliqués, violet leaves, stems and vines, basket weaves, reverse shell and brush embroidery. Your final project will be creating a basket weave cake and flowers of your choice. 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.

Tue. 6:00-8:30 p.m. 4 wks. RHS
Starts 11/10
Instructor: Linda Stevenson
Fee: \$45

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. 6:30-8:30 p.m. 5 wks. RHS
Starts 9/30
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 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. 6:30-8:30 p.m. 5 wks. RHS
Starts 11/4
Instructor: Elyse Fila
Fee: \$40

INSTANT INDIAN COOKING



Do you enjoy Indian food but are afraid to make it? Are the spices rather overwhelming to understand – from mustard seeds to asafetida to cumin? Join us in learning how to make quick and healthy Indian cooking in an Instant Pot. Learn how the traditional recipes can be modified for healthier substitutions to make healthy, fresh, and fast dinners for the whole family. Great for working parents and anyone who has always wanted to try some Indian recipes but was afraid to. Bring your Instant Pot and join us. Fee for supplies is \$10 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. 6:30-7:30 p.m. One Night RHS
Meets on 11/16
Instructor: Vasanth Kainkaryam
Fee: \$25

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.

TACO TIME



Forget Taco Tuesday, you can have a different taco every day of the week. We will create a variety of taco combinations and flavors. Possible dishes include Salmon-Mango Tacos, Choco Taco, Roasted Cauliflower-Chickpea, Queso-Chorizo, Tequila Shrimp, Beer-Battered Fish and Braised Pork-Cojita. Fee for supplies is \$15 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.

Session One: Mon. 6:00-8:30 p.m. One Night RHS Meets on 9/28
Session Two: Tue. 6:00-8:30 p.m. One Night RHS Meets on 9/29
Instructor: Lori Gilmore
Fee: \$25

THE GREAT BRITISH BAKEOFF COMES TO VERNON!



Enthralled by the bakes that are made by our friends across the pond? We will make several bakes that possibly include Pâte à Choux, génoise, Pavlovas, tray bakes, mirror glaze and Roulades. ON YOUR MARKS, GET SET...BAKE! Fee for supplies is \$15 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.

Session One: Mon. 6:00-9:00 p.m. One Night RHS Meets on 10/5

Session Two: Tue. 6:00-9:00 p.m. One Night RHS Meets on 10/6

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 payable at the time of registration for the class. Enrollment is limited to twelve (12) students.

Session One: Mon. 6:00-8:30 p.m. One Night RHS Meets on 12/7

Session Two: Tue. 6:00-8:30 p.m. One Night RHS Meets on 12/8

Instructor: Lori Gilmore

Fee: \$25

CROCHET 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.*

Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 10/6 (No Class on 11/3)

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.*

Wed. 6:00-8:00 p.m. 7 wks. RHS
Starts 10/14

Instructor: Diane Snarski

Fee: \$60

CREATIVE SEWING

Join this 8-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. 8 wks. VCMS
Starts 9/29 (No Class on 11/3)

Instructor: Sara Jane Reilly

Fee: \$65

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 9/28

Dance Instructors

Fee: \$95

BALLROOM BASICS – LEVEL 2 OFFERED AT ARTHUR MURRAY DANCE STUDIO

The prerequisite for this class is the completion of Beginner Ballroom Dancing. This class will be offered at Arthur Murray Dance Studio, 520 Hartford Turnpike, Vernon, CT. Ballroom Basics – Level 2 will continue to build off of the beginner class. You will be adding a few more patterns to your Waltz, Rumba, Cha-Cha, Salsa, Swing and Foxtrot. With a focus on learning to string patterns together so that you can feel more comfortable dancing socially. For ease of movement on the dance floor, please wear dress shoes, not sneakers. NO partner is necessary for this class. Enrollment in this class is limited to sixteen (16) people. *There are no discounts available on this class.* Get ready to bring your dancing to the next level!

Fri. 6:15-7:00 p.m. 8 wks.

Starts 10/2

Dance Instructors

Fee: \$95

COUPLES COUNTRY WESTERN AND SWING DANCING

Please Note: Because of multiple requests from former students, the traditional 8-week dance classes have now been split into two separate 4-week classes so returning and former participants can now return to take the “More” class and learn new and different dance moves every semester without having to repeat all the standard beginning level dance moves and amalgamations again in the “Beginning” class.

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING – JUST THE BASICS

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 EDM music. In this 4-week class, you will have the opportunity to learn the basics of the 8 most popular C/W couple and partner dances performed across the nation. The list of the couple dances to be taught include: Single Rhythm Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, El Paso, and 10-Step 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. Class is designed for the beginning dancer, no experience necessary. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 6:00-7:30 p.m. 4 wks. RHS

Starts 9/29

Instructor: Chris Hookie

Fee per Couple: \$40 (THERE ARE NO DISCOUNTS AVAILABLE ON COUPLES DANCING CLASS.)

BEGINNING SWING DANCE FOR COUPLES – JUST THE BASICS

The “Swing” is as versatile as the music it is performed to. In just 4 weeks you will learn the basics to a variety of popular Swing Patterns performed nationwide. Dance patterns to be taught include: Two “Hustle” swing patterns (4-ct. Western Swing and 3-ct. Street Hustle), and two patterns of the 6-Count/East Coast Swing (Single and Double Lindy). Dancers will swing not only to traditional Swing and Big Band tunes, but also to Rock, Pop and Country. Proper leading, following, and hand position techniques, as well as rhythmic skills will be taught. Class is designed for the “very” beginning inexperienced dancer and no dance experience is necessary, but some dance experience would greatly enhance your learning ability. Dancers with some or a lot of Swing dance experience are encouraged to sign up for the “More” Swing Dance class for couples. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 7:30-9:00 p.m. 4 wks. RHS

Starts 9/29

Instructor: Chris Hookie

Fee per Couple: \$40 (THERE ARE NO DISCOUNTS AVAILABLE ON COUPLES DANCING CLASS.)

MORE COUNTRY WESTERN COUPLE AND PARTNER DANCING

This C/W dance class is a continuation of the Beginning C/W Dance for Couples class. But....completion of the Beginning C/W class **is not** required in order to participate in this class. Beginning level C/W or Ballroom Dance experience would greatly enhance your learning experience. For returning students needing a quick refresher before moving on – Week #1 will be a quick review and recap of the Beginning C/W Couple & Partner Dancing class. In addition to the review of some class favorites, you will also learn the Double Two-Step, Progressive Country, Latin Two-Step, plus the Schottische, and DC Walk Partner dances. Intermediate level moves will be taught using the “Dance Move Building Block” method. Dancers will also have the opportunity to further create and develop their own dance moves, amalgamations and dance styling utilizing the “Dance Move Paradigm” method. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 6:00-7:30 p.m. 4 wks. RHS
Starts 10/27 (No Class on 11/3)
Instructor: Chris Hookie
Fee per Couple: \$40 (THERE ARE NO DISCOUNTS AVAILABLE ON COUPLES DANCING CLASS.)

MORE SWING DANCING FOR COUPLES

This Swing dance class is a continuation of the Beginning Swing Dance for Couples class. But....completion of the Beginning Swing class **is not** required in order to participate in this class. Beginning level Swing Dance experience would greatly enhance your learning experience. For returning students needing a quick refresher before moving on – Week #1 will be a quick review and recap of the Beginning Swing Dance for Couples class. In addition to the review of some class favorites, you will also learn the Triple Swing with its iconic double move combo pattern, plus a variety of Latin Swing patterns (Merengue Swing, Cha-Cha and Mambo Swing variations, and then finally a taste of Salsa). As in the Beginning Swing class, you will “swing” not only to traditional Swing and Big Band tunes, but also to Rock, Pop, and Country. Intermediate level moves will be taught using the “Dance Move Building Block” method. Dancers will also have the opportunity to further create and develop their own dance moves, amalgamations and dance styling utilizing the “Dance Move Paradigm” method. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 7:30-9:00 p.m. 4 wks. RHS
Starts 10/27 (No Class on 11/3)
Instructor: Chris Hookie
Fee per Couple: \$40 (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 9/21 (No Class on 10/12)
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 9/23
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.

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

Meets on 10/6

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.*

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

Starts 9/28 (No Class on 10/12)

Instructor: Rev. Heather DeLusso

Fee: \$45

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

Starts 9/29

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 10/19

Instructor: Jim Kelly

Fee: \$55

FINDING YOUR VOICE: WRITING WORKSHOP



Everyone has a story to tell, whether it is a little piece of your own history or someone near to you. Maybe you've always wanted to try your hand at writing a poem or essay, a mystery, romance or some other genre. This workshop will help you navigate the wonderful world of writing as well as oral history and memoirs. Students will be introduced to various genres and tricks of the trade, through discussion, exercises and critiques. By the end of the workshop, you will have found your own voice. Enrollment in this class will be limited to fifteen (15) students.

Wed. 6:30-8:30 p.m. 4 wks. RHS

Starts 10/21

Instructor: Rima Riedel

Fee: \$35

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

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.

Free Childcare Evenings
AT ROCKVILLE HIGH SCHOOL

(see page 32)

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, 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



FREE CHILDCARE

Rockville High School, Vernon

Evenings M/T/W 4:30pm—9:00pm

For enrolled students ONLY

While you complete your high school diploma or improve English (ESL), Your child receives:

- dinner and snacks
- homework help
- fun and games

860-870-6060

www.vrabe.com

*Childcare provided by
Academy of Art & Learning*

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

“GED® is a registered trademark of the American Council on Education (ACE) and administered exclusively by GED Testing Service LLC under license. This publication is not endorsed or approved by ACE or GED Testing Service.”

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

Rockville High School, 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:

- ✓ prepare to 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.
Vernon childcare provided by Academy of Art & Learning

Wethersfield (ESL)

Tuesdays, Wednesdays & Thursdays
9:15 a.m. - 12:15 p.m.
Wethersfield childcare provided by YMCA



facebook.com/vernonadulthood

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

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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 10/14
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 camera (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 9/29
Instructor: Peter Glass
Fee: \$75

CREATING PHOTOGRAPHS THAT WILL KNOCK YOUR SOCKS OFF!

The prerequisite for this class is a basic understanding of how your camera works and feeling fairly comfortable shooting with it. Making photographs can be so much more than just pointing your camera and pressing the shutter button. As a photographer, you have many options available for creating really interesting and unusual images. This course will show you techniques for accomplishing that. The class will begin with a review of how to use your camera in the Manual mode. A very helpful handout will be provided. Topics to be covered will include: the aperture, shutter speed, ISO triad; obtaining the proper exposure; setting the white balance; focusing where you want to focus; creatively using depth-of-field. From there, images similar to what you'll be photographing in class will be shown. We'll discuss the various methods used to create them. The instructor will then open some of these pictures in Adobe Camera Raw – a program that is a part of Adobe Photoshop – but much, much easier to learn and use. You'll see its almost unlimited possibilities for fixing and strikingly improving even the bleakest of pictures. You'll then begin shooting. We'll be doing two specific types of photography. We'll start by photographing a variety of objects and props that the instructor will bring to class. Included will be rubber ducks, a toy airplane, a crystal ball, ribbons, a human skull (a fake one!), and lots of others. We'll then spend time wandering around the school, photographing in some of its more interesting settings. For both types of photography, the instructor will be with you every step of the way – offering camera operation tips, shooting ideas and techniques, as well as feedback on the photos you take. Finally, we'll edit some of your images in Adobe Camera Raw. This is where you'll get to see some pretty amazing image transformations. A great deal of shooting will be done during class, so you will need to bring your digital camera with instruction booklet, and a fully charged battery. If you own one, a tripod would be great, too. 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 10/28
Instructor: Peter Glass
Fee: \$45

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

THROWING LIGHT ON THE SUBJECT

The prerequisite for this class is a basic understanding of how your camera works and feeling comfortable shooting with it.



The quality of a photograph is directly proportional to the quality of its lighting. Adding light to a subject merely to achieve proper exposure is not the goal of good lighting. Rather, lights should be used to create interest and drama. To those points, the class will cover basic lighting techniques, starting with three-point lighting, and then progressing to more complex and creative schemes. Along the way, we will address how to: modify light using reflector dishes, snoots, barn doors and umbrellas and further modify lighting using Photoshop's Adobe Camera Raw. We also will review the following: working with shutter speed, aperture and ISO; deciding which white balance settings to use; and operating a camera on Manual. Volunteers from the class will act as models. Also, objects brought in by the instructor will be used for still-life shots. Photographers use either tungsten or strobe units to illuminate their subject. The techniques for both are essentially identical. We will be using tungsten lights for this class. The advantage of tungsten lighting is that the whole class can shoot at the same time, rather than having to wait their turn to use the strobes. You will be taking lots of pictures in class. It's suggested that you bring a zoom lens with decent telephoto settings (perhaps one that goes up to 85mm or higher). 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. Bring your digital camera with a **charged** battery. If you have them, bring extra batteries, extra camera cards, a tripod, and a cable release. Enrollment in this class will be limited to fifteen (15) students. *There are no discounts available on this class.*

Mon. 6:00-9:00 p.m. 2 wks. RHS
Starts 11/16
Instructor: Peter Glass
Fee: \$45

FINDING YOUR DREAM CAREER

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.*

Mon. 6:00-8:00 p.m. 4 wks. RHS
Starts 10/19
Instructor: Leonard Diana
Fee: \$40

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 fourteen-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.

Tue. 6:00-8:00 p.m. 6 wks. RHS
Starts 9/29 (No Class on 11/3)
Instructor: Tom Allan
Fee: \$45

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 9/28 (No Class on 10/12)
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. This 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 9/30
Instructor: Mary Cunningham
Fee: \$55

LEARN THE TAROT

Learn the exciting world of tarot cards! The tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths and carry individuals on meditative discovery. Discover ways to blend inner and

outer realities so you can live your life more creatively and purposefully. Upon completion, you will receive your certificate of completion and set sail on a powerful personal growth journey. Students will receive a workbook along with a deck of tarot cards. There is a \$20 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.*

Tue. 6:00-8:00 p.m. 6 wks. RHS
Starts 10/20 (No Class on 11/3)
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: \$50

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! Nicole Porche is a native New Orleanian who has starred in series on some of the major networks such as Lifetime, The Food Network and Spike TV. Her years of experience in the film industry have afforded her the opportunity to teach others. She has earned her credits as an acting coach, casting director, producer and film director. She has been featured in Rolling Out and Celebrity Net Worth "The Richest." Nicole Porche is living her dreams by helping others figure out how to live theirs. Nicole built her career as a professional film, television, theater and voice-over actor by demystifying the casting process and illuminating the business side of pursuing a creative career.

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 9/30
Instructor: Nicole Porche
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.

BALANCE & STRENGTHENING



This class is for anyone having issues with their balance. Balance exercises have been proven to improve balance in any individual who uses them. This class is comprised of 30-35 minutes of balance exercises and 20 minutes of strengthening for the muscles and joints that are engaged when the body is trying to maintain balance or when balance is needed to prevent a fall. During this class, education is provided to students regarding the physiology and anatomy of the body's balance control center, imbalances due to posture and the kinetic chain of reaction that the body moves through during the process of keeping its balance (or trying to recover from a possible fall situation). Enrollment in this class is limited to twelve (12) students.

Mon. 6:00-7:00 p.m. 8 wks. RHS
Starts 9/28 (No Class on 10/12)
Instructor: Amy Cashman, RN
Fee: \$60

BELLYROBICS

Bellyrobics is the ultimate exercise for women of all abilities – and the most fun, too! Using actual belly dance movements and isolation exercises, as well as related folk and ballroom dance steps, it works on those areas of major concern, such as bust, midriff, waist, tummy, hips, thighs, calves and arms: firming, toning and whittling down the inches. Bellyrobics will also help develop and improve strength and flexibility, while delivering a low impact, high energy, cardiovascular workout. Most importantly, Bellyrobics makes you feel good about yourself! Bring your ballet slippers or go barefoot and dress comfortably in clothes that allow you to move easily. *There are no discounts available on this class.*

Tue. 6:30-7:30 p.m. 8 wks. VCMS
Starts 9/29 (No Class on 11/3)
Instructor: Rima Riedel
Fee: \$60

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. *There are no discounts available on this class.*

Tue. 5:30-6:30 p.m. 9 wks. RHS
Starts 9/29 (No Class on 11/3)
Instructor: Marlene Michaud
Fee: \$70

CARDIO CORE

Do you want to have more energy and a strong core? Then Cardio Core is the class that you are waiting for. Cardio Core is a mix of exercise focusing on the muscle of the core which will help building coordination and muscle endurance with cardio. This class will help get your blood flowing and using weights and other props to improve strength, balance, and core. Class will end with some Pilates stretches. This class is open to everyone; no previous experience necessary and modification will be available for anyone who needs it. Bring a mat, some water, a 3 or 5 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. *There are no discounts available on this class.*

Tue. 6:35-7:35 p.m. 9 wks. RHS
Starts 9/29 (No Class on 11/3)
Instructor: Marlene Michaud
Fee: \$70

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 9/30
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 9/28 (No Class on 10/12)

Session Two: Tue. 6:30-8:30 p.m. 7 wks.
RHS VoAg Building Starts 9/29 (No Class on 11/3)
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 9/30
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 9/28

Session Two: Tue. 6:30-8:00 p.m. One Night
RHS Meets on 10/20

Session Three: Wed. 6:30-8:00 p.m. One Night
RHS Meets on 11/18

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

Fee: \$19

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

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, powers 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.

Wed. 6:30-8:30 p.m. 3 wks. RHS
Starts 10/14

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

YOU REALLY NEED TO HAVE AN ESTATE PLAN (LEARN WHY)

Did you know that if you don't create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you're OK with this, you really don't need to take this course! But if you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more...this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away knowing what these documents are for, and what you need to do to create them. You'll also learn about the probate process and how it works. Even if you already have an estate plan, there's a good chance it needs updating because laws often change. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

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

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 healthcare options. You will learn how and when to enroll in Medicare and how to choose the right plan that addresses your specific healthcare needs. Did you know that Medicare can also be available to those under 65 who may qualify because of their specific healthcare needs? The little known Medicare Savings Program will also be discussed.

Tue. 6:00-7:30 p.m. One Night RHS
Meets on 9/29

Instructor: Bill McCloskey
Stalene Senior Services

Fee: \$15

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

When and how often should you 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 \$15.00 lab fee payable to the instructor the first night of class for this three-evening program,

Wed. 6:30-8:30 p.m. 3 wks. RHS
Starts 11/4

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 – PART I

If you are interested in investing but not sure where to start, this class is an excellent way to get started. In this class you will learn about stocks, exchange traded funds, mutual funds, and how to buy and sell a stock. You will learn the basics of how to read financial statements, analyze a business using Warren Buffett's criteria of a great business, and how to know if a stock is cheap or expensive. We will review one of Warren Buffett's

stock purchases to see how he analyzes a company. In the application session, you will use various free tools and resources to analyze companies you are interested in. Once the class has identified companies they want to invest in, we will build a portfolio of stocks, backtest it, and see if we can beat the market. Finally, you will learn about Warren Buffett and Ray Dalio's investing strategies and how to implement them. A basic understanding of Microsoft Excel will be helpful, but not required. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 6 wks. RHS
Starts 9/30
Instructor: Brian Flynn
Fee: \$55

INVESTING AS A HOBBY – PART II – CHARTING A COURSE



Reading a stock chart is a valuable skill to learn. It will allow you to take advantage of short-term and long-term trends in the market. Like nautical charts, stock charts can help you navigate the stock market, plot a course, and note areas of caution. In this class, you will learn: the basics of reading a stock chart; three types of charts (line, bar and candlestick charts); how to identify areas of support and resistance (areas where a stock may reverse and go in the opposite direction), various chart patterns that may indicate a reversal or a continuation of the stock's direction; and indicators such as moving averages, relative strength, Fibonacci, and volume profile. We will reinforce the concepts with exercises, games, and hands-on application sessions in which you will chart stocks, draw trend lines, add indicators to charts, and identify chart patterns on stocks you are interested in.

Wed. 6:30-8:30 p.m. 4 wks. RHS
Starts 11/11
Instructor: Brian Flynn
Fee: \$45

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.

Tue. 6:30-8:30 p.m. One Night RHS
Meets on 10/20
Instructor: Leonard J. Del Gallo, Jr., M.S.,
MPASSM, CFP[®]

Fee: \$19

MANAGING RENTAL PROPERTIES

Students will learn how to maximize rental income regardless of where property is located. They will also use select criteria in order to decide whether they should purchase rental properties outside of their home base. The class covers important resources in order to increase the probability of purchasing and managing out of town rental properties successfully. 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." 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. 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. There will be a \$20 materials fee payable at the time of registration for the class.

Session One: Wed. 6:00-7:30 p.m.
One Night RHS Meets on 10/14
Session Two: Tue. 6:00-7:30 p.m. One Night
RHS Meets on 10/20
Instructor: Eric Judge
Fee: \$20

THE TRUTH ABOUT MEDICAID AND LONG-TERM CARE COSTS

Long-term care is necessary for a lot of people. But long-term care is expensive. VERY expensive. You've likely heard horror stories of people losing their houses to pay for care. Or about nursing home costs being over \$13,000 per month. What's worse is the misinformed "advice" that is often heard through the proverbial grapevine:

- "It's OK to give away \$15,000 per year."
- "If your money is in a trust, it's safe."
- "You can just give your house to your kids."

These statements aren't necessarily true! Long-term care planning MUST be done the right way. If it's not, your assets might be at risk. Come learn the truth from an

FOREIGN LANGUAGE CLASSES

experienced elder law attorney. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs. You'll learn strategies to protect money if a crisis arises. Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be covered. All students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

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

Instructor: Attorney Colleen Masse

Fee: \$19

WHEN THE PAYCHECK STOPS



Are you nearing or entering retirement and interested in a strategy designed to help build income stream and make it last? We will explore retirement costs and potential income strategies.

Session One: Tue. 6:00-7:30 p.m.

One Night RHS Meets on 9/29

Session Two: Wed. 6:00-7:30 p.m.

One Night RHS Meets on 10/7

Instructor: Eric Judge

Fee: \$20

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.

Wed. 6:00-7:30 p.m. One Night RHS Meets on 10/14

Instructor: Attorney Colleen Masse

Fee: \$19

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 Intermediate (2nd Edition) by Tom Humphries and Carol Padden. Purchase of the textbook is optional. The same book will be used for future classes. *There are no discounts available on this class.*

Mon. 6:00-8:00 p.m. 10 wks. RHS

Starts 9/28 (No Class on 10/12)

Instructor: Jennifer Stanley

Fee: \$85

AMERICAN SIGN LANGUAGE (ASL) 2

ASL 2 is a continuation of ASL 1. This course is designed to continue development of American Sign Language expressive and receptive skills, grammar, vocabulary, cultural awareness and related terminology. 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 #9-16 using the text Learning American Sign Language: Levels I & II- Beginning and Intermediate (2nd Edition) by Tom Humphries and Carol Padden. Purchase of the textbook is optional. Learning any language requires time and practice. This class is designed for all individuals, hearing, Hard of Hearing, and Deaf who want to learn how to communicate in ASL. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 10 wks. RHS

Starts 9/29 (No Class on 11/3)

Instructor: Jennifer Stanley

Fee: \$85

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

BEGINNER SPANISH

This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some key phrases, greetings, and vocabulary to help you navigate basic interactions in Spanish. 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.*

Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/30
Instructor: Nora Mijares Alpers-Leon
Fee: \$60

SPANISH II

The prerequisite for this class is the completion of Spanish I OR you are comfortable counting, using color words, introducing yourself, and are somewhat familiar with the present tense.

This class will continue where the Beginner Spanish class concluded. Students will continue to build vocabulary and grammar to improve fluency in basic interactions. Students will continue to practice the three modes of communication according to ACTFL standards: interpretive (listening), interpersonal (conversation), and presentational (writing & speaking about a particular topic). Students will continue to learn about the many cultures of Spain and Latin America. The book for this class will be the same as those used in the Spanish I class. Anyone who needs to purchase books will be able to do so the first night of class at a cost of approximately \$35. Enrollment in this class is limited to twenty (20) students. *There are no discounts available on this class.*

Mon. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/28 (No Class 10/12)
Instructor: Nora Mijares Alpers-Leon
Fee: \$60

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 9/29 (No Class 11/3)
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. 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 In addition, class will meet on Tuesday 11/10
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 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17
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 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19
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 10/19
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 11/9
Instructor: Sandra Van Vooren
Fee: \$30

HOME IMPROVEMENT

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 10/7
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 10/21
Instructor: Neil Betts
Fee: \$20

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 11/4
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 9/29
Instructor: Paul O'Doherty
Fee: \$20

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

COMMUNITY SERVICE OFFERINGS

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

The goal of homeownership is certainty and peace of mind, and the crumbling foundation crisis is ruining that for many Tolland County homeowners. Whether your home is intended to be your starter home, your forever home or your retirement strategy, being proactive and informed to defend against the crumbling foundation crisis can give homeowners time and options. If you or your neighbors are currently suffering from the stress of owning a home maligned with a crumbling foundation, get answers to these questions: Do I continue to pay my mortgage?; Where does

my family go if we can't stay in our house?; Is there government funding?; and Can I negotiate with the bank or refinance? Sarah Poriss helps homeowners suffering from the crumbling foundation crisis create their own unique path to a resolution that offers closure and peace of mind. This seminar will describe current options for homeowners who have mortgages and whose homes have lost value because of a crumbling foundation. Anyone who thinks they may be affected should attend this free seminar. REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Tue. 6:30-8:00 p.m. One Night RHS Meets on 10/20
Instructor: Attorney Sarah Poriss
No Registration Fee

ONLINE REGISTRATON

Begins on August 20, 2020
at www.vrabe.com

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Your child receives:

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EMPLOYER BENEFITS:

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- 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.

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 10th 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 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 10th 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.

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.

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 **RETIRED** **RESERVES** **ACTIVE**

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

- ❖ Balance & Strengthening
- ❖ Basic First Aid for Children
- ❖ Caring for Seniors
- ❖ Creative Writing Workshop
- ❖ Developing Your Own Website
- ❖ Facebook & Instagram for Business
- ❖ Great British Bakeoff Comes to Vernon
- ❖ Healthcare 101: How did we end up here, and where will we go?
- ❖ Health-E Apps
- ❖ Instant Indian Cooking
- ❖ Investing as a Hobby – Part II – Charting a Course
- ❖ Mattress 101
- ❖ Royal Icing Flower & Cake Design
- ❖ Soul ReAwakening with Movement & Rest
- ❖ TacoTime
- ❖ Throwing Light on the Subject Understanding Weight: Beyond Diet and Exercise
- ❖ When the Paycheck Stops

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- ❖ 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**

**DON'T
FORGET!**



REGIONAL ADULT BASED EDUCATION

70 Loveland Hill Road

Vernon, CT 06066

www.vrabe.com

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