

**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**

SPRING 2020

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



REGISTRATION BEGINS
January 23, 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!

Pages 18 & 23

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 Spring, Throwing Light on the Subject.



Page 29

SIGN LANGUAGE

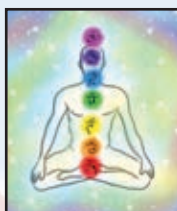
Learn how to speak to the Deaf and the Hard of Hearing. Join us for a 10-week course on American Sign Language (ASL) 1 and new this semester, we've added American Sign Language (ASL) 2.



Pages 7-12

HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Join us for Reiki I & II, EFT Workshop, and a number of Essential Oils classes. Try Tai Chi, Chair Yoga, Qigong, Yoga, or Meditation. Returning this semester, we have 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, Be a Healthy Ager, Healthcare 101, Health-E Apps, Understanding Weight: Beyond Diet & Exercise, and Well and Healthy at Home.



Pages 15-16

DANCE, DANCE, DANCE!

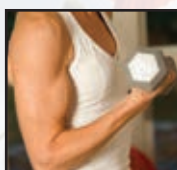
Come join the fun, make new friends and dance the night away! All of your old favorites are returning - Beginner Ballroom Dancing, Line Dancing and Couples Swing and Country Western Dancing. Returning this semester, Ballroom Basics 2 for those who have taken the first level class. Sign up for one or more!



Pages 24-25

EXERCISE, PHYSICAL FITNESS & SPORTS

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



Pages 12-13

COMPUTER & MORE CLASSES

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



Pages 14-15

CROCHET! KNIT! SEW!

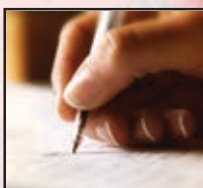
Looking for a new hobby or already enjoy one of these? We offer beginner classes in crochet and knitting. Returning this semester, we have Crochet 102 and Creative Sewing. Join one of these classes to learn a new craft or work on a current project while enjoying an evening of socializing with others!



Pages 17-18; 23-24

ENRICHMENT & PERSONAL DEVELOPMENT

New offerings in this area of our catalog include How to Build a Physical Product Brand Online, Identify What Matters, Creative Writing Workshop and Breakthrough Problem Solving. Returning are classes such as Psychic Development I & III, Learn the Tarot, How to Love Your Retirement, and a number of 1-night classes.



“Enjoying Life’s Dreams Through Learning”

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Dr. Joseph Macary, Superintendent of Schools

Mr. Robert Testa, Assistant Superintendent of Schools

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

Mrs. Cathy Berryman, Continuing Education Program Facilitator

**REGISTRATION BEGINS ON
Thursday, January 23, 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

VRABE REGIONAL ADULT BASED
EDUCATION/ROCKVILLE (WEST MAIN)
LEARNING CENTER

33 West Main Street

Vernon, CT 06066

VERNON YOUTH SERVICES

9 Elm Street

Vernon, CT 06066

Table of Contents

Animal Communication	17	Knitting 101	15
Animal Reiki	17	Learn the Tarot	24
Auto Maintenance	30	Line Dancing	16
Ballroom Dancing	15	Mattress 101	9
Be a Healthy Ager	7	Medicare 101	26
Bellyrobics	24	Meditation	9
Boating Class	17	Organization How To	18
Bridge Intermediate	17	Painting with Watercolors	7
Budgeting & Debt Elimination	27	Pilates Core	25
Build a Physical Product Brand Online . . . How To	23	Pottery	7
Cake Decorating	13	Problem Solving	24
Cardio Core	25	Psychic Development	24
Caring for Seniors	7	Qigong	10
Chair Yoga	8	Registration Form	35
Computer Classes	13	Registration Information	4
Cooking Around the World	14	Reiki I & II	10
Cooking Classes (1 Night)	14	Replacement Window Workshop	31
Cooking Italian	14	Retirement..How to Love It	23
Country Dancing for Couples	16	Sewing	15
Creating a Welcoming Space For Children	31	Sign Language 1 & 2	29
Creative Writing Workshop	18	Sleep Yoga	10
Crochet	14	Small Engine Repair	30
Crumbling Foundations & Mortgages	31	Smartphone Photos	13
Crystals & Mineral Healing	8	Social Media	12
Digital Photography	18	Social Security Planning	26
Drawing Intermediate	7	SoulCollage®	10
Driver's Education	6	Sound Healing I & II	11
EFT Workshop	8	Spanish Language Class	29
Essential Oils	8	Spring Awakening	11
Facebook 101	12	Tai Chi	11
Financial Planning	26	Ultimate Hand Workout	25
First Aid for Children	9	Understanding Weight	11
Floral Design	25	VRABE Regional Adult Based Education	19
Healthcare 101	9	Voice-Overs	24
Health-E Apps	9	Volleyball	25
Home Staging	31	Website Design & Development	12
Identify What Matters	23	Well & Healthy at Home	12
Investing	27	Workplace Education	33
Italian Language Classes	29	Yoga	12
Jewelry Making	30		
Kitchen Remodels	31		

REGISTRATION INFORMATION

REGISTER BEGINNING ON JANUARY 23, 2020

The SPRING Semester begins on Monday, March 2, 2020

**NO CLASSES WILL BE HELD AT ROCKVILLE HIGH SCHOOL,
VERNON CENTER MIDDLE SCHOOL, ROCKVILLE LEARNING CENTER,
OR VERNON YOUTH SERVICES
ON MONDAY, MARCH 9th (ROCKVILLE HS ONLY), AND
THE WEEK OF APRIL 13th DUE TO SCHOOL VACATION**

HOW TO REGISTER



- **ONLINE at www.vrabe.com.** ONLINE is the best way to register for class. On-line registration begins on Thursday, January 23, 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 of the course offerings. To register for a class click on the category on the left side of that page and all of the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.



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



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



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

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

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

REFUND POLICY

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

NO OTHER REFUND REQUESTS WILL BE HONORED.

GENERAL INFORMATION

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

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

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

2. REGISTRATION BEGINS ON THURSDAY, JANUARY 23, 2020. You may register online at www.vrabe.com or by telephone at 860-870-6060.

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

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

DRIVER EDUCATION with THE NEXT STREET

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

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

FULL DRIVER EDUCATION COURSE:

30 hours of classroom instruction and 8 hours of private driving lessons - \$539

Mondays & Wednesdays from March 16 – May 11, 2020, 6:30-8:30 p.m.

SAFE DRIVING COURSE:

The State's minimum driver education requirement is 8 hours of classroom instruction - \$139

Mondays & Wednesdays from March 16 – May 11, 2020, 6:30-8:30 p.m.

ALL REGISTRATIONS MUST BE RECEIVED BY FRIDAY, MARCH 6, 2020.

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

LICENSING TESTING:

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

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

For more information or to enroll,

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



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

◆ High School Completion:

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

◆ Citizenship Classes

◆ College Transition

◆ English as a Second Language (ESL Classes)

◆ Online/Distance Learning

◆ Pre-GED (ABE)

**FREE CHILDCARE AVAILABLE
AT SOME LOCATIONS**

*See pages 19 through 22 for
additional information 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 2/18

Instructor: Katie Sabal

Fee: \$135

INTERMEDIATE DRAWING

If you love to draw and you feel you already have the basics of drawing, this is the course for you. We'll build on the skills you already have. We will explore different drawing techniques using various media. These may include pencil, ink, charcoal, colored pencil, and more. If you are weak in a specific area, like perspective or shading, we can address that, too. Students should bring a set of graphite pencils and drawing paper to the first class. 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 3/4

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 3/3

Session Two: Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 3/4

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 3/4

Instructor: Sally Balukas

Fee: \$60

HEALTH IN BODY AND MIND

BE A HEALTHY AGER



Experts on healthy aging know what steps we should take, now and in our later years, to live longer and more resilient lives. Learn science-based tips (from Harvard Medical, AARP and more) to build your personal "Healthy Ager" toolkit for maximum physical and mental well-being.

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

Meets on 5/19

Instructor: Donna Powell

Fee: \$25

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.

continued on next page

ONLINE REGISTRATON

Begins on January 23, 2020
at www.vrabe.com

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-Courmoyer, 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 4/21

Instructor: Robin Young-Courmoyer, 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 3/4

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

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.

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

Meets on 3/25

Instructor: Karen Cote

Fee: \$25

EMOTIONAL FREEDOM TECHNIQUES WORKSHOP (EFT)

Are you someone looking for ways to manage your stress and anxiety? Are you a helping professional looking for a new tool to put in your toolbox? EFT just might be what you are looking for. EFT, also known as “Tapping,” is a proven method used around the world for self-care and the care of others. A person taps gently on certain meridian endpoints while focusing on a negative belief or feeling; creating mind-body healing connections. EFT is described as acupuncture without needles and is a form of Energy Psychology. Join us for this fun and informative workshop where you will get to experience EFT and learn the basic recipe of Tapping.

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

Meets on 4/20

Instructor: Susan Barone, LCSW, AAMET

Certified EFT Practitioner and Trainer, NQT

Fee: \$25

PUTTING YOUR BEST FOOT FORWARD

Are you curious about plant based supplements? Are you ready for a basic understanding of cleansing and renewing your body? Are you currently feeling out of shape, tired, emotionally drained, and experiencing body aches? Having a hard time focusing, concentrating or sleeping? It is time for a whole body tune-up. Come to class and learn how to bring your body back into balance through establishing a nutritional foundation while undergoing a cleansing process.



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

Meets on 3/17

Instructor: Jessica Soucy, Essential Oil Educator

Fee: \$20

CLEANING CABINET MAKEOVER



It is time to put our health before our cleaning products. Let's ditch and switch our toxic cleaners for natural, cost-effective and safe products that will keep you and your pets safe. Come learn how to incorporate essential oils in your natural cleaning routine. During the second part of class, we will push up our sleeves and make cleaning products together. Make and Take options will start at \$6 and be dependent on what you would like to take home. The lab fee will be payable in cash to the instructor prior to making the products.

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

Meets on 3/31

Instructor: Jessica Soucy, Essential Oil Educator

Fee: \$20

ESSENTIALS OILS FOR KIDS



Come learn how effective essential oils are for supporting the well-being of a child's mind, body and heart. Essential oils offer a holistic approach to health. See for yourself how easy oils are to use but, most

importantly, how to ensure your child's safety. During the second part of class, support your little ones by making an oil blend for clearer thinking, resting calmly, being brave and more. All supplies will be provided to you during class. Make and Take options will start at \$6 and be dependent on what you would like to take home. The lab fee will be payable in cash to the instructor prior to making the products.

Tue. 6:00-8:00 p.m. One Night RHS
Meets on 4/21

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

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 4/28

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. 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 5/5

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 4/20
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 5/11

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

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 4/20

Session Two: Mon. 7:00-8:00 p.m. One Night RHS
Meets on 4/27

Session Three: Mon. 7:00-8:00 p.m. One Night RHS
Meets on 5/11

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—when ever 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

continued on next page

begin your personal transformation, allowing inner peace to permeate your life. Suggested reading before, during, and after this class would be Inner and Outer Peace Through Meditation, by Rajinder Singh.

Wed. 6:30-7:30 p.m. 2 wks. RHS
Starts 4/22
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 3/4
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 ten (10) 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.*

Tue. 6:00-8:00 p.m. 4 wks. RHS
Starts 3/3
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 learn 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 ten (10) 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.*

Tue. 6:00-8:00 p.m. 4 wks. RHS
Starts 3/31
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 4/27
Instructor: Jennifer C. Hirschberg-Wise, OTR/L
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.*

Mon. 6:00-8:00 p.m. 3 wks. RHS
Starts 3/16
Instructor: Lisa Huppert
Fee: \$35

SOULCOLLAGE® CARDMAKING – COMMITTEE SUIT



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

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 4/27
Instructor: Lisa Huppert
Fee: \$25

SOUND HEALING - LEVEL 1

Come have fun bathing in the sound of the antique Tibetan Singing Bowls! Learn how to raise your vibrations with sound by moving and healing stagnation in the body. Students will be able to put down their electronics, release stress, anxiety, depression, manage pain, and get their chakras flowing again! This class will teach the history of the bowl, how to choose your bowl, what to listen for, and how 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 3/4
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 4/22
Instructor: Denise Cassella, RMT
Fee: \$50

SPRING AWAKENING



Shake off winter and step into spring – the season of renewal! Reawaken your senses and get ready to balance the excitement of unscripted transformational movement with a deeply restorative stillness. Start your season off right and celebrate your body, mind and spirit! This class is safe and accessible to all and will be welcoming with uplifting, groovy and calming music to get your body moving and restore!
Note: This is not an exercise class, not a yoga class, not naptime but is an experience, unlike anything you might have experienced! Get ready to glow from the inside out!

Mon. 6:30-8:30 p.m. One Night RHS
Meets on 4/20
Instructor: Jennifer C. Hirschberg-Wise
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 2/24 (No Class on 3/9)
Instructor: Cynthia Barlow
Fee: \$55

UNDERSTANDING WEIGHT: BEYOND DIET AND EXERCISE



New Year's resolutions are made. Spring is right around the corner. 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 3/23
Instructor: Vasanth Kainkaryam, M.D.
Fee: \$15

WELL & HEALTHY AT HOME



In this fun and informative class, we're going to talk about why and how we can avoid toxins in our home (kitchen, bathroom, living room, etc.) that might be wreaking havoc on our health. Students are encouraged to bring items (food packaging, cleaning products, skin care and beauty products) they use at home, so we can check the ingredients and look into a better and healthier alternative. Handouts will be provided. You deserve to be well and healthy!

Session One: Wed. 6:00-8:00 p.m. One Night RHS Meets on 3/11

Session Two: Wed. 6:00-8:00 p.m. One Night RHS Meets on 4/22

Instructor: Anna Simpson

Fee: \$25

BEGINNER YOGA – FOUNDATIONS, EXPLORATIONS

Are you thinking of trying yoga? What are you waiting for? Yoga is for everyone, and that means you, too. The health and stress reduction benefits of yoga are available to everyone regardless of prior experience, athleticism, balance, twistiness, size, shape, age, and 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 3/3

Instructor: Cynthia Barlow

Fee: \$55

COMPUTER CLASSES

FACEBOOK 101 – An Introduction to the Social Media Platform

Prerequisite: General understanding of how to use a computer.

This beginner class will give you a better understanding of today's most popular Social

Media platform. The class is a must whether you have only heard of Facebook or want to know more about how to effectively and safely keep in touch with family or friends. Topics include: personal vs business/organization pages, terminology, security settings, and basic navigation.

Mon. & Tue. 6:00-8:00 p.m. 2 Nights RHS Meets on 3/23 & 3/24

Instructor: John Pastorelle

Fee: \$29

LOST IN SOCIAL MEDIA?

Prerequisite: General understanding of how to use a computer.

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

Mon. & Tue. 6:00-8:00 p.m. 2 Nights RHS Meets on 3/30 & 3/31

Instructor: John Pastorelle

Fee: \$29

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

DESIGNING YOUR OWN WEBSITE

Prerequisite: General understanding of how to use a computer.

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

Mon. & Tue. 6:00-8:00 p.m. 2 Nights

Rockville Learning Center

Meets on 5/4 & 5/5

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 back end components



and maintenance including php, MySQL/ phpMyAdmin, and your website's directory structure.

Mon. & Tue. 6:00-8:00 p.m. 3 Nights
Rockville Learning Center
Meets on 5/11, 5/12 & 5/18
Instructor: John Pastorelle
Fee: \$40

INTRODUCTION TO COMPUTING

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

Monday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center Starts 3/2
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.

Tuesday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center Starts 3/3
Instructor: Marjorie Cox
Fee: \$85

INTRODUCTION TO WORD

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

The focus of this course will be on the basic workings of Microsoft Word. This class will cover such things as creating documents, learning the toolbars, learning to format documents, how to correct errors using spell check, how to change fonts and sizes, how to find and replace features and how to set up a page to print. In order to complete assigned projects, it is recommended that each student have access to a computer outside of class with the subject program installed.

Tuesday Afternoon 12 noon to 2 p.m. 8 wks.
Rockville Learning Center Starts 3/3
Instructor: Marjorie Cox
Fee: \$85

INTERMEDIATE EXCEL

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

Wednesday Evening 6:00-8:00 p.m. 8 wks.
Rockville Learning Center Starts 3/4
Instructor: Marjorie Cox
Fee: \$85

WHAT CAN I DO WITH MY SMARTPHONE PHOTOS NOW?

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

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

Mon. & Tue. 6:00-8:00 p.m. 3 Nights
Rockville Learning Center
Meets on 4/20, 4/21 & 4/27
Instructor: John Pastorelle
Fee: \$40

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 3/17
Instructor: Linda Stevenson
Fee: \$45

ONLINE REGISTRATON

Begins on January 23, 2020
at www.vrabe.com

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 appliqué, 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 4/28
Instructor: Linda Stevenson
Fee: \$45

APPETIZERS

Taste and create a variety of small bites in time for spring and summer entertaining. We will make a type of bruschetta, hot poppers, and salsas and dips. 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.

Tue. 6:00-8:30 p.m. One Night RHS
Meets on 3/17
Instructor: Elyse Fila
Fee: \$25

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 3/4
Instructor: Elyse Fila
Fee: \$40
14

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 \$40 payable at the time of registration for the class to cover the cost of food, plates and utensils for all four weeks of class. Please bring containers for taking extra food home. Enrollment in this class is limited to twelve (12) students. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 4 wks. RHS
Starts 4/29
Instructor: Elyse Fila
Fee: \$35



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 4/27
Instructor: Vasanth Kainkaryam
Fee: \$25

CROCHET, KNITTING AND SEWING

CROCHET 101

This class is for anyone wishing to learn or review the basic techniques of crochet and enhance their creative abilities. You will be taught the proper way to hold the crochet hook, the important parts of the crochet hook, proper holding of the yarn and how to put a slip knot on the hook. You will master the six (6) basic crochet stitches, learn the importance of the foundation row, and what turning chains represent. You will learn to recognize stitches and how to correctly count stitches and rows. Reading of crochet patterns, crochet language and terminology will

also be taught. You will even learn how to add new yarn to your crochet piece and how to change colors within your crochet piece. Please bring to class a crochet hook, size H, I, J or K, as well as one (1) solid color skein of Red Heart medium worsted weight yarn #4. Please bring a medium colored yarn as it is easier to see your stitches and rows. You will also need small scissors, a plastic yarn needle (small eye needle), a tape measure and crochet plastic markers. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 3/3
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 3/11
Instructor: Diane Snarski
Fee: \$60

KNITTING 101

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

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 3/4
Instructor: Pauline Shamonis
Fee: \$65

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 3/3
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 3/2
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 3/6

Dance Instructors

Fee: \$95

BEGINNING SWING FOR COUPLES

The "Swing" is as versatile as the music it is performed to. In just 8 weeks you will learn the basics to a variety of popular Swing Patterns performed nationwide. Including: Two "Hustle" patterns (4-ct. Western Swing and 3-ct. Street Hustle), three patterns of the 6-Count/East Coast Swing (AKA Jitterbug), and a variety of Latin Swing patterns (Merengue Swing, Cha-Cha and Mambo Swing variations, and then finally a taste of Salsa). Dancers will swing to Rock, Pop, Country and Big Band tunes. Proper leading, following, and hand positioning skills, as well as rhythmic skills will be taught. Beginning through intermediate level moves and twirls will be taught using the "Dance Move Building Block" method. Once one pattern is learned, the remaining patterns become easier and easier to add on. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer and no dance experience is necessary, but some dance experience would greatly enhance your learning ability. A graduation "dance" is always planned for the last day of class. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 6:00-7:30 p.m. 8 wks. RHS

Starts 3/3

Instructor: Chris Hookie

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

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING

Country Western (C/W) Dancing has become the most popular social dance phenomenon the nation has ever seen. C/W dance can be performed to Country music as well as to Pop, Rock, Ballroom, and even Techno music. In this 8-week class, you will have the opportunity to learn the basics of the 10 most popular C/W couple and partner dances performed across the nation. The list of the couple dances to be taught include: Single, Double, and Triple Rhythms of the Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, 10-Step, and Schottische partner dances. Emphasis will be made on proper C/W dance styling, leading and following techniques, dance/music distinction, and the development of dance move amalgamations. Beginning through intermediate level moves and twirls will be taught using the "Dance Move Building Block" method. Once one pattern is learned, the remaining patterns

become easier and easier to learn. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer, no experience necessary. A graduation "dance" is always planned for the last day of class. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 7:30-9:00 p.m. 8 wks. RHS

Starts 3/3

Instructor: Chris Hookie

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

LINE DANCING FOR BEGINNERS

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

Mon. 6:30-8:30 p.m. 10 wks. VCMS (Cafeteria)
Starts 2/24

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 2/26

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 4/21

Instructor: Karen Cote

Fee: \$25

ANIMAL REIKI

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

- Maintaining health and well-being through regular sessions
- Aiding in pain management for animals who are ill or injured, as well as post-surgery
- Promoting relaxation and calm for animals with emotional issues, anxiety, separation anxiety or stress (including pre-surgery)
- Increasing bond between human and animal – a great way to ease an animal's transition to a new home environment or to enhance training your pet
- Bringing peace and comfort to our animals that helps ease their transition to the rainbow bridge

In this class you will learn about the history of Reiki, receive your attunement and learn some basic principles for working with animals. Animals are highly intuitive and sensitive to the energies of their surroundings. Reiki is a healing energy that can be used alone or as a complement to other healing practices, balancing the energy patterns and strengthening the

animal's natural healing systems. When this is accomplished, the animal's body, mind and spirit is at optimal performance and can heal itself. A workbook will be provided. Certification provided upon completion of course. There is a \$5 materials fee payable at the time of registration for the class. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

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

Starts 3/4

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. 6:30-9:00 p.m. 4 wks. RHS

Starts 3/10

Instructors: David Marriott & Eileen Christensen

Fee: \$45

INTERMEDIATE BRIDGE

The prerequisite for this course is the completion of Beginner Bridge with Mr. Kelly, or bridge playing experience.

This will be a hands-on bridge class where students will play the game with the instructor giving guidance and direction. Players should have experience in bridge basics or have mastered the concepts taught in the beginner bridge course. This is a great opportunity to utilize your knowledge of beginning bridge and the practical application of bidding, responding and playing. A maximum of sixteen (16) players will be taken in this class.

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

Meets 3/16, 3/23, 3/30, 4/6, 5/11, 5/18

Instructor: Jim Kelly

Fee: \$45

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 4/22

Instructor: Rima Riedel

Fee: \$35

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 3/11

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 3/3

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

continued on page 23

REGISTER EARLY!

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

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

VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 19-22

OUR MISSION

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

PARTICIPATING TOWNS

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

ASHFORD
BOLTON
COLCHESTER
COVENTRY
EAST WINDSOR
ELLINGTON
GLASTONBURY

GRISWOLD
MANSFIELD
SOUTH WINDSOR
TOLLAND
VERNON
WETHERSFIELD
WILLINGTON

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

We are able to offer this program thanks to a grant opportunity through a partnership with VRABE and the Office of Early Childhood. Childcare provided by Academy of Arts & Learning

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 our downtown Rockville Learning Center, E.O. Smith High School and at Wethersfield High School. For additional information, call 860-870-6060.



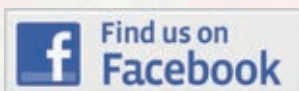
ENGLISH AS A SECOND LANGUAGE (ESL)

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



CITIZENSHIP

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



facebook.com/vernonadulted



FAMILY LEARNING GED/ESL

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

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

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

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

Vernon (ESL/GED)

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

Wethersfield (ESL)

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



facebook.com/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

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 4/1
Instructor: Peter Glass
Fee: \$45

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 4/20
Instructor: Peter Glass
Fee: \$45

HOW TO BUILD A PHYSICAL PRODUCT 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.

Wed. 7:00-9:00 p.m. 5 wks. RHS
Starts 3/4
Instructor: Shaneika Burchell-Kerr
Fee: \$45

HOW TO LOVE YOUR RETIREMENT!!!

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

Tue. 6:00-8:00 p.m. 6 wks. RHS
Starts 3/3
Instructor: Tom Allan
Fee: \$45

IDENTIFY WHAT MATTERS



Attend this 2-hour workshop and walk away with a feeling of alignment. We will assess and prioritize our values which will lead to a goal setting exercise. This session will help you identify, focus and sort out what matters most to you.

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 3/30
Instructor: Risa Filkoff
Guest Presenter: Liz Butler
Fee: \$25

BREAKTHROUGH PROBLEM SOLVING

Join us for this 2-hour workshop and solve a problem...you will choose a current challenge or problem, gain an understanding of barriers and strategize how to refocus your energy to move towards action and success at solving what's been getting in your way.



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

Meets on 3/31

Instructor: Risa Filkoff

Guest Presenter: Liz Butler

Fee: \$25

PSYCHIC DEVELOPMENT I

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

Mon. 7:00-9:00 p.m. 8 wks. RHS

Starts 3/16

Instructor: Mary Cunningham

Fee: \$55

PSYCHIC DEVELOPMENT III

The focus of this course is to actually develop your psychic abilities. Each night will be spent working on visualization, healing, ESP experiments, developing the use of tools such as auras, palms, tarot cards, delving into past lives, between lives, and future life projections. The objective is for all students to grow exponentially in their psychic abilities and understanding of self.

Wed. 7:00-9:00 p.m. 8 wks. RHS

Starts 3/18

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.*

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

Starts 4/22

Instructors: Lisa Huppert

Rev. Heather DeLusso

Fee: \$45

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.

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

Meets on 3/23

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.

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.



Tue. 6:00-7:00 p.m. 8 wks. VCMS
Starts 3/3
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 3/3
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 3/3
Instructor: Marlene Michaud
Fee: \$70

THE ULTIMATE HAND WORKOUT

Many people, even serious gym goers, ignore working out their hands. In this class, the focus will be on improving strength and dexterity of the hands. You will learn about and use all kinds of different workout equipment that you have never seen in a gym. All fitness levels are encouraged, and everybody will

learn techniques that will instantly increase hand strength as well as decrease hand pain. Proper form will be emphasized, and participants will discover how the correct placement of the hands will increase all lifting potential. All equipment will be supplied by the instructor. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.*

Mon. 7:00-8:00 p.m. 8 wks. RHS
Starts 2/24 (No Class on 3/9)
Instructor: Darren Rueb
Fee: \$30

COED VOLLEYBALL- INTERMEDIATE

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

Wed. 7:00-9:00 p.m. 8 wks. RHS
Starts 3/4
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 3/2 (No Class on 3/9)
Session Two: Tue. 6:30-8:30 p.m. 7 wks.
RHS VoAg Building Starts 3/3
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 3/4
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: Tue. 6:30-8:00 p.m. One Night
RHS Meets on 3/10

Session Two: Wed. 6:30-8:00 p.m. One Night
RHS Meets on 4/1

Session Three: Wed. 6:30-8:00 p.m. One Night
RHS Meets on 5/6

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

Fee: \$19

WOMEN AND FINANCIAL PLANNING

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

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

26

Atty. Elizabeth Foran will be present on the second evening. She will discuss legal areas women need to understand such as wills, power of attorney, and ownership of assets. On the third evening, Psychologist, Kathie Moffitt, PhD will discuss topics related to understanding new research.

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

Tue. 6:30-8:30 p.m. 3 wks. RHS
Starts 4/21

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 3/4

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 4/28

Instructor: Bill McCloskey
Stateline Senior Services

Fee: \$15

HOW TO USE THE THINK OR SWIM TRADING PLATFORM



TD Ameritrade's Think or Swim is a powerful trading platform that is available to retail traders. One of the great features of Think or Swim is that it has a robust paper money trading platform that simulates a live trading environment without risking any of your personal capital. In this class, you will learn: how to open, monitor, and close a trade; adjust the settings on the platform; create a watchlist of stocks you want to follow; and use the charting package to draw lines and add indicators to a chart and much more! It is recommended that you open a paper money account with TD Ameritrade (you don't need to fund the account) and download the Think or Swim platform prior to class. This class will be helpful if you plan to take Investing as a Hobby or Trading as a Hobby or are just curious about trading.

Tue. 6:30-8:30 p.m. One Night
Rockville Learning Center Meets on 3/3
Instructor: Brian Flynn
Fee: \$25

INVESTING AS A HOBBY – PART II – CHARTING A COURSE



Prerequisite: How to Use the Think or Swim Trading Platform Class

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. It is recommended that you have a basic understanding of stocks, and that you open a paper money account with TD Ameritrade (you don't need to fund the account) and download the Think or Swim platform prior to class.

Tue. 6:30-8:30 p.m. 4 wks.
Rockville Learning Center Starts 3/17
Instructor: Brian Flynn
Fee: \$45

TRADING AS A HOBBY



Prerequisite: How to Use the Think or Swim Trading Platform Class

Want to take your investing knowledge to the next level? Stock options are gaining in popularity. They are very powerful tools

that can be added to your investment portfolio to purchase and protect stocks, generate income and enhance the returns of your stock portfolio. These four classes will introduce you to the basics of stock options. You will learn: what are Calls and Puts; how to use an option chain; benefits and drawbacks of different expiration cycles; how to buy and sell options; how Warren Buffett uses options; and learn simple strategies that you can practice in a paper money account. It is recommended that you have a basic understanding of stocks, and that you open a paper money account with options permissions prior to class so you can practice the strategies without risking your personal money. TD Ameritrade's Think or Swim trading platform is recommended and will be used during the class.

Tue. 6:00-9:00 p.m. 3 wks.
Rockville Learning Center Starts 5/5
Instructor: Brian Flynn
Fee: \$45

STEALING FROM PETER TO PAY PAUL? Budgeting and Debt Elimination

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

Wed. 7:00-8:30 p.m. 2 wks. RHS
Meets on 3/18 and 3/25
Instructor: Craig Nelson of The Financial Literacy Coalition
No Registration Fee

RETIREMENT: READY OR NOT?

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

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

continued on next page

you have to reduce your standard of living at retirement for your money to last to your life expectancy?

This informative 2-week program will help you begin to answer these questions.

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

Meets on 3/24 and 3/31

Instructor: Dorothy Mautte, CFP®, CLU, ChFC,
Master Member of National Association
of College Funding Advisors

Owner: Financial Focu\$ and College4Less

Fee: \$20

Member of Better
Business Bureau



LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS

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

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

Meets on 3/2

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 at the time of registration for the class.

Session One: Tue. 6:00-7:30 p.m. One Night RHS
Meets on 4/28

Session Two: Wed. 6:00-7:30 p.m. One Night RHS
Meets on 5/6

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 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 3/11

Instructor: Attorney Colleen Masse

Fee: \$19

WHEN THE PAYCHECK STOPS



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

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

Meets on 5/19

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 3/18
Instructor: Attorney Colleen Masse
Fee: \$19

FOREIGN LANGUAGE CLASSES

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 2/24 (No Class on 3/9)
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.

Tue. 6:00-8:00 p.m. 10 wks. RHS
Starts 3/3
Instructor: Jennifer Stanley
Fee: \$85

BEGINNER SPANISH

This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some basic Spanish phrases, greetings, etc. Perhaps you are planning a trip to a country where Spanish is the primary language, or maybe some knowledge of Spanish would be helpful at your present job or in searching for a new job. No previous educational experience with Spanish is necessary for this class. A basic textbook and workbook will be required for this class. The cost of the two books will be approximately \$35 and they will be available for purchase the first night before class begins. Enrollment in this class is limited to eighteen (18) students. *There are no discounts available on this class.*

Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 3/3
Instructor: TBD
Fee: \$55

INTRODUCTION TO THE ITALIAN LANGUAGE AND CULTURE

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

Tue. 6:30-8:30 p.m. 8 wks. RHS
Starts 3/3
Instructor: Filomena (Phyllis) Monarca
Fee: \$55

ITALIAN LANGUAGE AND CULTURE – PART II

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

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 3/4
Instructor: Filomena (Phyllis) Monarca
Fee: \$55

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 3/3
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. 3/4, 3/11, 3/18, 3/25, 4/1, 4/8,
4/22, 4/29, and 5/6
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 3/10, 3/17, 3/24, 4/7, 4/21, 4/28, 5/5
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 3/12, 3/19, 3/26, 4/9, 4/23, 4/30, 5/7
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 4/20

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 4/1

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 4/22

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 5/6

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 3/31

Instructor: Paul O'Doherty

Fee: \$20

COMMUNITY SERVICE OFFERINGS

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

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

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

Meets on 3/31

Instructor: Attorney Sarah Poriss

No Registration Fee

STEALING FROM PETER TO PAY PAUL?

Budgeting and Debt Elimination

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

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

Meets on 3/18 and 3/25

Instructor: Craig Nelson of The Financial Literacy Coalition

No Registration Fee

FREE

Childcare Evenings



**While you complete your
High School Diploma or Improve English (ESL)**

VRABE at Rockville High School
during class time 4:30-9:00 p.m.

Your child receives:

- ♦ dinner and snacks
- ♦ homework help
- ♦ fun and games

860-870-6060
www.vrabe.org

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

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

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



**Please contact:
Cathy Berryman
860-870-6060**

cathy.berryman@vernonct.org

WORKPLACE EDUCATION

VRABE'S PROGRAM BRINGS THE CLASSROOM TO YOUR COMPANY

WE OFFER:

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

EMPLOYER BENEFITS:

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

COURSES OFFERED:

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

Contact: Richard Welk, Coordinator at

860-870-6060

Richard.welk@vernonct.org

www.vrabe.org/content/training.asp

BREAST CANCER DETECTION AND HEART DISEASE SCREENING

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

EASTERN CONNECTICUT HEALTH NETWORK FAMILY RESOURCE CENTER

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

FOR ADULT STUDENTS TAKING CLASSES AT ROCKVILLE HIGH SCHOOL

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

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

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

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

PARKING AVAILABLE PLEASE SEE DIRECTIONS BELOW

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

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

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

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

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



REGISTRATION FORM

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

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE: HOME _____ WORK _____ CELL _____

EMAIL ADDRESS _____

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

I AM MILITARY ☐ 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

- ❖ American Sign Language (ASL) 2
- ❖ Basic First Aid for Children
- ❖ Be a Healthy Ager
- ❖ Bellyrobics
- ❖ Breakthrough Problem Solving
- ❖ Cardio Core
- ❖ Caring for Seniors
- ❖ Cleaning Cabinet Makeover
- ❖ Creative Writing Workshop
- ❖ Developing Your Own Website
- ❖ Essential Oils for Kids
- ❖ Healthcare 101: How did we end up here, and where will we go?
- ❖ Health-E Apps
- ❖ How to Build a Physical Product
- ❖ Brand Online
- ❖ How to Use the Think or Swim Trading Platform
- ❖ Identify What Matters
- ❖ Instant Indian Cooking
- ❖ Investing as a Hobby – Part II – Charting a Course
- ❖ Mattress 101
- ❖ Putting Your Best Foot Forward
- ❖ Royal Icing Flower & Cake Design
- ❖ SoulCollage® Cardmaking – Committee Suit
- ❖ Spring Awakening
- ❖ Throwing Light on the Subject
- ❖ Trading as a Hobby
- ❖ Understanding Weight: Beyond Diet and Exercise
- ❖ Well & Healthy at Home
- ❖ When the Paycheck Stops

TABLE OF CONTENTS ON PAGE 3

ALSO INSIDE

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

REGISTER EARLY
AVOID BEING
DISAPPOINTED

→ DON'T
FORGET!



REGIONAL ADULT BASED EDUCATION

70 Loveland Hill Road

Vernon, CT 06066

www.vrabe.com



Find us on
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