

**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**

FALL 2021

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



REGISTRATION BEGINS
August 26, 2021

See Registration Information on Page 4
Call 860-870-6060 or
REGISTER ONLINE AT www.vrabe.com

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

Register Early!

Page 7

ART CLASSES

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



Page 25

FLORAL DESIGN CLASSES

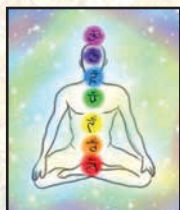
Learn the art of working with fresh flowers at either the beginner or intermediate level. The principles of good design will be discussed, with more challenging designs being taught at the Intermediate level.



Pages 8-11

HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Try Tai Chi, Chair Yoga, Qigong, Yoga, or Meditation. Join us for Reiki, Essential Oils classes, and Sound Healing 1 & 2. Additionally you can explore health options such as Understanding Weight: Beyond Diet and Exercise and our newest course Balance and Strengthening.



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SIGN LANGUAGE

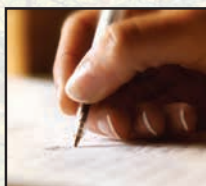
Learn how to speak to the Deaf and the Hard of Hearing. Join us for a 10-week course on American Sign Language (ASL) 1 and for those looking for a more advanced class, we've added American Sign Language (ASL) 2.



Pages 17-18

ENRICHMENT & PERSONAL DEVELOPMENT

Among the returning classes are favorites such as Animal Reiki, How to Love Your Retirement, Beginning Bridge, Psychic Development I & III, and Learn the Tarot. New this semester we have an expanded Animal Communication class.



Pages 15-17

DANCE, DANCE, DANCE!

Come join the fun, make new friends and dance the night away! Line Dancing for beginners is back in person! This semester Couples Swing and Country Western Couples and Partner Dancing will have a 4-week beginner's session and another 4-week session for those who already have the basics. Sign up for one or more!



Pages 29-31

DIGITAL PHOTOGRAPHY

Learn how to take quality photos as well as all the basics of photography with Digital Photo for Beginners. We have a photo class for everyone from novice to more experienced, to Smartphone photographers. Don't miss your chance to explore the world of photography this fall.



Pages 11-13

COMPUTER & MORE CLASSES

Classes that are offered include Introduction to Computing, Excel, and Word. Returning this semester, we have Facebook 101, Lost in Social Media, Designing Your Own Website, How to Start and Launch a Physical Brand Online and What Can You Do With Your Smartphone Photos. Please look for both in person and virtual options and be sure to choose the correct option for you!



"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

Sherry Yarusewicz, Continuing Education Program Facilitator

**REGISTRATION BEGINS ON
Thursday, August 26, 2021**

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

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REGISTRATION INFORMATION

REGISTER BEGINNING ON AUGUST 26, 2021

The FALL Semester begins on Monday, September 27, 2021

**NO CLASSES WILL BE HELD ON MONDAY, OCTOBER 11TH,
TUESDAY, NOVEMBER 2ND AND**

NOVEMBER 24TH – 26TH

HOW TO REGISTER



• **ONLINE at www.vrabe.com. ONLINE is the best way to register for class.**

On-line registration begins on Thursday, August 26, 2021 at 8:30 a.m. and is available 24 hours a day, seven days a week. Since some classes have limited enrollment and fill up quickly, online is the best way to assure yourself a spot in the class or classes that are of interest to you. Go to www.vrabe.com and click on the Continuing Education link at the top of the home page. This will bring you directly to the Continuing Education page where you can view the catalog and all the course offerings. To register for a class click on the category on the left side of that page and all the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.



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



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



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

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

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

REFUND POLICY

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

NO OTHER REFUND REQUESTS WILL BE HONORED.

GENERAL INFORMATION

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

Please check individual course schedules for date, time and location of each class. Classes are offered at RHS = Rockville High School; VCMS = Vernon Center Middle School; and ONLINE (virtual classes).

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

2. REGISTRATION BEGINS ON THURSDAY, AUGUST 26, 2021. You may register online at www.vrabe.com or by telephone at 860-870-6060.

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

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

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

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

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

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

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

REFUND POLICY

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

NO OTHER REFUND REQUESTS WILL BE HONORED

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



Please contact: Sherry Yarusewicz 860-870-6060

REGISTER EARLY!

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

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

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

◆ **High School Completion:**

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

◆ **Citizenship Classes**

◆ **College Transition**

◆ **English as a Second Language (ESL Classes)**

◆ **In-Person or Virtual Options**

◆ **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 the coordinator for Support Services at 860-870-6060.

ART

POTTERY, HANDBUILDING AND THROWING

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

Tue. 5:00-8:00 p.m. 10 wks. RHS
Starts 9/28 (No Class on 11/2)
Instructor: Katie Sabal
Fee: \$135

BEGINNING DRAWING

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

Tues. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/28 (No Class on 11/2)
Instructor: Jennifer Jeffreys
Fee: \$60

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 pencils, and more. If you are weak in a specific area, like perspective or shading, we can address that, too. Enrollment in this class is limited to fifteen (15) students. *There are no discounts available on this class.* Please register early.

Wed. 6:30-8:30 p.m. 8 wks. RHS
Starts 9/29
Instructor: Jennifer Jeffreys
Fee: \$60

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.
RHS Starts 9/29
Instructor: Sally Balukas
Fee: \$60

PAINTING WITH WATERCOLORS – BEGINNERS/INTERMEDIATE

This course is for beginners and intermediate students with little or no knowledge of watercolor painting. Basic watercolor technique will be introduced. Different painting methods and special effects will be taught. Techniques are geared toward landscapes and florals. Individual attention will be provided. Each student can work at their own pace and enjoy this creative course. A supply list will be mailed to you upon your registration for class. There will be a \$10 materials fee, payable at the time of registration for the class. Enrollment in this class is limited to twelve (12) students. *There are no discounts available on this class.*

Session One: Tue. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/28 (No Class on 11/2)
Session Two: Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/29
Instructor: Maaida Sheriff

MUSIC AND ENTERTAINMENT

GUITAR 101

This course is designed for Beginner and Intermediate level guitar students. Students will receive instruction on guitar performance, music notation/tablature reading and specific skills and techniques that are required to become a successful guitarist. Areas of concentration include correct posture, note/chord reading, aural skills, rhythmic patterns, chord study, musical forms, improvisation, and performing experiences. **Requirements:** **You must have a serviceable guitar and have the ability to download/use apps.** *There are no discounts available for this class.* This class is for Adults 18 years old and older.

Tues. 6:00-7:30 p.m. 8 wks. RHS
Starts on 9/28
Instructor: Jesse Puniello
Fee: \$60

MURDER MYSTERY NIGHT (ONLINE)

A murder mystery online gathering is a fun event in which you can choose to dress up to play a role for a predetermined party theme. Guest will work together to solve a fictitious murder which occurs during the online gathering. Prior to the start of the gathering one guest will secretly be chosen to play a murderer, and the other attendees must determine who among them is the criminal. By the end of the gathering you (or your team) will try to guess who did it, how they did it, and why they did it (it could even turn out to be YOU). Depending on class size guests will work individually or on teams to solve the crime.

Fri. 7:00-9:00 p.m. ONE NIGHT ONLINE

Meets on 10/29

Instructor: Melissa Almquist

Fee: \$15

HEALTH IN BODY AND MIND

CHAIR YOGA IS FOR EVERYONE!

Everyone is invited to experience yoga using a chair! Learn more about *pranayama* (breathing techniques) and *asanas* (physical postures) and the benefit from increased range of motion, balance, strength, flexibility, vitality and mental clarity without worrying about how to get on and off the floor. No mat needed, just bring yourself and an open mind and the desire to experience yoga! During our practice, postures will be modified from a seated position or standing next to the chair. Please wear comfortable clothing, footwear and bring a water bottle. Enrollment in this class will be limited to fourteen (14) students. *There are no discounts available on this class.*

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

Starts 9/29

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

Fee: \$45

MEDITATION FOR SPIRITUAL AWAKENING (ONLINE)

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

during, and after this class would be Inner and Outer Peace Through Meditation, by Rajinder Singh.

Tues. 6:30-7:30 p.m. 2 wks. ONLINE

11/9 & 11/16

Instructor: Clare Vidich

Fee: \$30

QIGONG (ONLINE)

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. ONLINE

Starts 9/22

Instructor: Melissa Almquist

Fee: \$55

REIKI LEVEL I

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

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

Starts 9/27

Instructors: Lisa Huppert

Rev. Heather DeLusso

Fee: \$90

BETTER SLEEP NOW

Sleep. Insomnia. Restlessness. For so many of us, getting the recommended eight hours of sleep a night is a challenge. Without adequate rest, daily function and enjoyment is reduced and the risk for physical and cognitive decline increases which can lead to depression, anxiety and social isolation. Divine Sleep® Yoga Nidra is a deeply restorative guided meditative practice that allows your body to finally reach a level of stillness or rest during the practice, allowing reduced brain waves and cellular regeneration. You may even fall asleep. You are welcome to bring a mat or blanket, pillow, bolster to lie on or remain seated in a chair during the process.

Bring anything that will allow you to relax and restore. Class will begin with gentle stretches to prepare the body for deep relaxation. Try it! Your body will thank you. Each week we will explore deeper levels of relaxation with this transformational practice. You will also learn and develop personal techniques to use and incorporate into your daily sleep routine. Informational handouts will be provided. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

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

Starts 11/9

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

Fee: \$35

SOUND HEALING - LEVEL 1

Come have fun bathing in the sound of the antique Tibetan Singing Bowls! Learn how to raise your vibrations with sound by moving and healing stagnation in the body. Students will be able to put down their electronics, release stress, anxiety, depression, manage pain, and get their chakras flowing again! This class will teach the history of the bowl, how to choose your bowl, what to listen for, and how to use and make the bowl "sing". Students will interact with each other, and get a balancing from the instructor. You will receive a Level 1 Sound Healer Certification at the end of the class. There is a \$5 materials fee payable at the time of registration for the class. Enrollment will be limited to twelve (12) students. *There are no discounts available on this class.*

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

Starts 9/29

Instructor: Denise Cassella, RMT

Fee: \$50

SOUND HEALING – LEVEL 2

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

Come bath in sound and de-stress, get your chakras flowing again with Tibetan Singing Bowls! Students will have fun relaxing and healing each other by playing with more than one bowl. This class will teach you how to use three to four bowls. Give an understanding of the depth of the healing properties given by the vibration of the bowls, and how to use Tingshas, and Hand Drums. You will receive a Level 2 Sound Healer Certification at the end of the class. There is a \$5 materials fee payable at the time of registration for the class. Enrollment will be limited to twelve (12) students. *There are no discounts available on this class.*

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

Starts 10/27

Instructor: Denise Cassella, RMT

Fee: \$50

SOUL REAWAKENING WITH MOVEMENT & REST

Have you lost the connection to yourself, your dreams, joy and purpose? Feeling busy, anxious, sick, tired and lacking joy?

It's time for a Soul ReAwakening!

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

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

Meets on 10/18

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

Fee: \$25

INTRO TO 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. 6:00-7:00 p.m. 8 wks. RHS

Starts 9/27 (No Class on 10/11)

Instructor: Cynthia Barlow

Fee: \$55

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

UNDERSTANDING WEIGHT: BEYOND DIET AND EXERCISE

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

Mon. 6:30-7:30 p.m. One Night RHS
Meets on 11/8
Instructor: Vasanth Kainkaryam, M.D.
Fee: \$15

INTRO TO YOGA

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.*

Tues. 7:00-8:00 p.m. 8 wks. RHS
Starts 9/28 (No Class 11/2)
Instructor: Cynthia Barlow
Fee: \$55

BALANCE WITHOUT FEAR

Have no fear! A safe and steady balanced focus class is here! Guided by a Rehabilitation professional, you will learn more about how to regain stability and control over movements that require you to weight shift and explore movements, inside and outside your comfort zone. This class will be a blend of simple progressions, inspired by Tai Chi, Yoga, developmental movement patterns and more. This class is accessible to all and will include static and dynamic balance positions and can include sitting and standing and possibly positions on the floor, depending

on participant's comfort level. Poses will be demonstrated and modified for safety and access. All you have to gain is confidence and a new respect for balance! *There are no discounts available for this class.*

Mon. 7:00-8:00 p.m. 4 wks. RHS
Starts 11/15
Instructor: Jennifer Hirschberg-Wise
Fee: \$35.00

ESSENTIAL OILS CLASSES

HEALTHY START WITH ESSENTIAL OILS (ONLINE)

Transforming your mind, body, and home has never been easier with essential oils and essential oil infused products. We will discuss the benefits of essential oils and the optional kit will offer you confidence that your essential oils are safe, pure, and effective. This kit contains the Family Essentials Kit and comes with the beloved Pebble Diffuser or the sleek Brevi Diffuser.

Contact Instructor To Purchase the Optional Essential Oil Kit: healingsanctuary@yahoo.com

Family Essentials Kit (Optional):

(5 mL bottles)

- **Lavender:** Lavender can be soothing when used internally,* and its calming and relaxing aroma promotes a peaceful environment that's conducive to sleep.
- **Lemon:** With natural cleansing properties, Lemon is effective for freshening the air and cleansing the surfaces in your home.
- **Peppermint:** The refreshing, minty aroma and versatility of Peppermint—with uses ranging from oral care to respiratory health and digestive support*—has made it a doTERRA favorite.
- **Tea Tree:** Tea Tree is best known for its topical purifying qualities, which make it useful for cleansing the skin and nails.
- **Oregano:** A popular cooking spice, Oregano essential oil also serves as a powerful cleansing agent and offers powerful antioxidants,* extending its uses far beyond the kitchen.
- **Frankincense:** Often called the king of oils, Frankincense can be used internally for a variety of health benefits* or topically to soothe the skin.
- **Deep Blue®:** Formulated to soothe and cool, Deep Blue is an enriched blend of essential oils—perfect for a massage after a long day or an intense workout.
- **doTERRA Breathe®:** A popular oil blend, the refreshing aroma of doTERRA Breathe helps create feelings of easy breathing.
- **doTERRA On Guard®:** doTERRA On Guard is a powerful proprietary blend that supports healthy immune function when used internally* and also contains cleansing properties.
- **DigestZen®:** This oil blend is wonderful effective when it comes to aiding food

digestion, soothing occasional stomach upset, and reducing uncomfortable gas when used internally.*

Other Products:

- **Pebble™ Diffuser:** This ultrasonic diffuser provides several incredible features, including a five-hour continuous runtime, a ten-hour intermittent runtime, and multiple light settings.

Tues. 6:30-8:00 PM One Night ONLINE
Meets on 9/7
Instructor: Melissa Almquist
Fee: \$20

SPOTLIGHT 10 MOST POPULAR OILS (ONLINE)

During a time when our stress levels are running at an all-time high, we are looking for ways to support our physical, mental, emotional and spiritual being. We have options to support ourselves with alternative holistic approaches. After all, alternative approaches to our health and wellbeing dates back thousands of years and has recently become popular here in the USA. Jumping into the world of essential oils can be overwhelming. There are so many individual oils and blends to choose from, so how do you know where to start? In this class we will introduce you to the 10 most popular essential oils. Essential oils should align with your personal needs and you will discover why these are some of our favorites, both for their wide variety of uses and their beautiful aromas. In no time you will discover the benefits of why we have chosen these are our top ten best essential oils.

Tues. 6:30-8:00 PM One Night ONLINE
Meets on 9/14
Instructor: Melissa Almquist
Fee: \$20

MASTERING SOUL POTENTIAL (ONLINE)

Join us to explore the soul's gift. You will explore healing and transformation to reach your soul potential. You will engage with your desire to become the master of your soul's potential and explore the soul's mission, leading to a joyful, loving, harmonious, peaceful and abundant life. You are your best self when you can engage with your higher frequency from the soul level, using tools such as essential oils to support the energy flow can be encouraging to your journey into wholeness, creating harmony in everything that you do. The techniques learned in this class will be life changing, bring forth a sense of well being, transforming you to reach your highest and best self.

Tues. 6:30-8:00 PM 2 wks. ONLINE
Meets on 10/5 & 10/12
Instructor: Melissa Almquist
Fee: \$25

PROMOTING A GOOD NIGHT'S SLEEP (ONLINE)

Discover the best essential oils for prompting a good night's sleep. We will discuss the different oils and how getting a good night's sleep is crucial to maintaining physical and

emotional health. We will explore what oils can be used before bed to help you fall asleep faster, sleep peacefully through the night, and wake up more rested. Each day, you have many important things to accomplish and need to be your best, essential oils can support you waking up refreshed and less groggy.

Tues. 6:30-8:00 PM One Night ONLINE
Meets on 10/19
Instructor: Melissa Almquist
Fee: \$20

CLEANING WITH ESSENTIAL OILS (ONLINE)

For some of us cleaning can be a means of meditation and for others it is a daunting chore. Whether or not you like to clean, we must admit that it is much easier to keep our home clean when we use effective cleaning products. Essential oils can also be some of the most effective cleaners on the planet that's why we are excited to share these cleaning recipes and tips with you. In this class you discover the effective cleansing properties of essential oils, while providing a simple yet powerful way to assist you in all of your cleaning needs.

Tues. 6:30-8:00 PM One Night ONLINE
Meets on 10/26
Instructor: Melissa Almquist
Fee: \$20

COMPUTER CLASSES

INTRODUCTION TO COMPUTING

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

Monday Morning 9:30-11:30 a.m. 8 wks. RHS
Starts 9/27 (No Class on 10/11)
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.

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Tuesday Morning 9:30-11:30 a.m. 8 wks. RHS
Starts 9/28 (No Class 11/2)
Instructor: Marjorie Cox
Fee: \$85

EXCEL INTERMEDIATE

Use of your own personal laptop is recommended. 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.

Wed. 6:00-8:00 p.m. 8 wks. RHS
Starts 9/29
Instructor: Marjorie Cox
Fee: \$85.00

INTRODUCTION TO WORD

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

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

Tuesday Afternoon 12 noon to 2 p.m. 8 wks
RHS Starts 9/28 (No Class 11/2)
Instructor: Marjorie Cox
Fee: \$85

FACEBOOK 101 – An Introduction to the Social Media Platform

Prerequisite: General understanding of how to use a computer.

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

An online version of this class is also being offered. Register at www.vrabe.com to choose the online class

Mon. & Tues. 6:00-8:00 p.m. 2 Nights RHS
Meets on 11/8 & 11/9
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!

An online version of this class is also being offered. Register at www.vrabe.com to choose the online class

Mon. & Tues. 6:00-8:00 p.m. 2 Nights RHS
Meets on 11/29 & 11/30
Instructor: John Pastorelle
Fee: \$29

WHAT CAN I DO WITH MY SMARTPHONE PHOTOS NOW?

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

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

An online version of this class is also being offered. Register at www.vrabe.com to choose the online class

Mon. & Tues. 6:00-8:00 p.m. 3 Nights RHS
Meets on 11/15, 11/16, & 11/22
Instructor: John Pastorelle
Fee: \$40

DESIGNING YOUR OWN WEBSITE

Prerequisite: General understanding of how to use a computer.

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

An online version of this class is also being offered. Register at www.vrabe.com to choose the online class

Mon. & Tues. 6:00-8:00 p.m. 2 Nights RHS
Meets on 9/27 & 9/28
Instructor: John Pastorelle
Fee: \$29

DEVELOPING YOUR OWN WEBSITE

Prerequisite: Designing Your Own Website Class

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

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

An online version of this class is also being offered. Register at www.vrabe.com to choose the online class

Mon. & Tues. 6:00-8:00 p.m. 3 Nights RHS
Meets on 10/4, 10/5, & 10/12
Instructor: John Pastorelle
Fee: \$40

HOW TO START AND LAUNCH A PHYSICAL BRAND ONLINE

Basic computer knowledge required; no coding knowledge needed.

Personal laptop required.

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.

Tues. 7:00-9:00 p.m. 6 wks. RHS
Starts 11/9
Instructor: Shaneika Burchell-Kerr
Fee: \$55

HOW TO PACKAGE YOUR KNOWLEDGE INTO A DIGITAL COURSE

Personal laptop required.

Are you ready to join the world of digital teaching? This course is designed to help you develop your knowledge into digital courses. This course will cover: 1. How to create and launch a profitable digital course using the 4 major steps to digital success guide. 2. The best platforms and tools to create and host your digital course. 3. How to profit from your course before creating and launching it online. 4. Marketing strategies to find the right audience for your digital course and more. *There are no discounts available for this class.*

Mon. 5:00-7:00 p.m. 5 wks. RHS
Starts 9/27
Instructor: Shaneika Burchell-Kerr
Fee: \$45.00

FACEBOOK & INSTAGRAM FOR BUSINESS

Personal laptop required.

This class is for business owners looking to create an online presence on social media and reach a targeted audience for their business. We will cover how to start a Facebook business account; how to use Facebook business manager; how to create a Facebook advertisement to find the right audience for your brand; how to create an Instagram account and how to use the

latest features of Instagram to reach and engage your audience; how to quickly and easily create and schedule content for both Instagram and Facebook, and how to create an advertisement for Instagram.

Mon. 7:00-9:00 p.m. 5 wks. RHS
Starts 9/27
Instructor: Shaneika Burchell-Kerr
Fee: \$45

COOKING AND BAKING

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.*

Tues. 6:00-8:30 p.m. 4 wks. RHS
Starts 9/28
Instructor: Linda Stevenson
Fee: \$45

ROYAL ICING FLOWER & CAKE DESIGN

Prerequisite: Building Buttercream Skills (4-Week Course)

Are you looking forward to learning more flowers and advanced cake decorating techniques? You will be working with both Buttercream and Royal icing for flowers, medium to use when creating flowers. You will create 7 different flowers: blossoms, rosebud, pansy, violet, lily, poinsettia. You will also learn 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.

Tues. 6:00-8:30 p.m. 4 wks. RHS
Starts 11/9
Instructor: Linda Stevenson
Fee: \$45

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 10/25
Instructor: Vasanth Kainkaryam
Fee: \$25

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

TACO TIME

Forget Taco Tuesday, you can have a different taco every day of the week. We will create a variety of taco combinations and flavors. Possible dishes include Salmon-Mango Tacos, Choco Taco, Roasted Cauliflower-Chickpea, Queso-Chorizo, Tequila Shrimp, Beer-Battered Fish and Braised Pork-Cojita. Enrollment is limited to twelve (12) students. There is a \$15 lab fee payable at the time of registration. Please bring a container with you for any leftovers.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 9/27
Instructor: Lori Gilmore
Fee: \$25

THE GREAT BRITISH BAKEOFF COMES TO VERNON!

Enthralled by the bakes that are made by our friends across the pond? We will make several bakes that possibly include Pâte à Choux, génoise, Pavlovas, tray bakes, mirror glaze and Roulades. ON YOUR MARKS, GET SET... BAKE! Fee for supplies is \$15 payable at the time of registration for the class. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Tues. 6:00-9:00 p.m. One Night RHS
Meets on 10/5
Instructor: Lori Gilmore
Fee: \$25

CHICKEN REIMAGINED

Chicken continues to be one of the best bargains at the grocery store, and one of the most versatile proteins. This class will make a variety of dishes, mild and spicy, to round out your menu planning. Possible dishes include Bourbon Molasses Drumsticks, Barb-b-que Empanadas, Jerk Chicken, Southern Fried Chicken, and Tandoori Chicken. Enrollment in this class is limited to twelve(12) students. There is a \$15.00 lab fee payable at the time of registration. Please bring a container with you for any leftovers.

Mon. 6:00 p.m. One Night RHS
10/18/2021
Instructor: Lori Gilmore
Fee: \$25.00

GREAT BRITISH BAKE-OFF TAKE HOME CHALLENGE

In this class, each person will make either Mary Berry's Prinsesstårta (A Swedish layer cake that is great fun - bright green and full of custard, jam, marzipan, and a mound of whipped cream) or Prue Leith's Torta Setteveli (seven layers of chocolate and hazelnut in various guises resulting in a light, rich cake. Bake your choice in class and then take it home to enjoy! The instructor will contact you for your choice. There is a \$15.00 materials fee due at the time of registration. Please bring a cake carrier or other method of transporting your creation! Enrollment is limited to twelve (12) students.

Tues. 6:00-9:00 p.m. One Night RHS
Meets on 10/19/2021
Instructor: Lori Gilmore
Fee: \$25

EDIBLE HOLIDAY CENTERPIECES AND TABLE DECORATIONS

These fun, creative ideas are sure to be the star of any holiday party, special occasion, or just as a creative outlet. And they're good enough to eat! Join this class to make a chocolate centerpiece, a bowl of silver and gold shimmering nuts, an ice sculpture, and a rainbow candy centerpiece. Two other edible decorative centerpieces will also be demonstrated. This class will be limited to (12) twelve participants. There is a \$15.00 materials fee due at the time of registration.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 11/22/2021
Instructor: Lori Gilmore
Fee: \$25

NEED SOME DOUGH?

With the holidays approaching, what can be more convenient than serving a batch or array of warm cookies in 15 minutes or less? In this class, we will make several types of cookie dough and scoop and store it in the freezer for use as desired. It will be like a cookie exchange, except with ready-to-bake dough. Cookies include Salted Tahini Chocolate Chip, Pistachio, Chocolate Chipotle,

Oatmeal & Fig, Browned Butter Shortbread, and White Chocolate Jubilee. Bring a large container because you will go home with a lot of dough. Fee for supplies is \$15 payable at the time of registration for the class. Enrollment is limited to twelve (12) students.

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

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

Instructor: Lori Gilmore

Fee: \$25

FABRIC ARTS

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.*

Tues. 6:00-8:00 p.m. 8 wks. RHS

Starts 9/28 (No Class on 11/2)

Instructor: Diane Snarski

Fee: \$65

CROCHET 102

Continue on to the next level of crocheting and increase your skills and knowledge in this wonderful field of needle art. Understanding of and ability in basic crochet skills are required for this next level class. Here you will be taught the next level of working rounds, shaping techniques, working with color, reading and further understanding of patterns beyond basic patterns, creating a crochet button, buttonhole and button loop, and an introduction of stitch patterns and multiples. A crochet project will be assigned on the first night of class. This will be a group project worked on together in class and as homework, which will incorporate the techniques learned in this second level class. Please bring all of your crocheting tools to class along with one or two skeins of solid color, medium worsted weight #4

yarn (medium colors), as well as a true desire to learn and increase your crocheting knowledge. Enrollment in this class is limited to ten (10) students. *There are no discounts available on this class.*

Wed. 6:00-8:00 p.m. 7 wks. RHS

Starts 10/6

Instructor: Diane Snarski

Fee: \$60

CREATIVE SEWING

Join this 8-week class for an enjoyable evening of sewing and sharing. All are welcome regardless of experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be based on skill level and interests. You must bring your own sewing machine in good working order with the owner's manual, if possible. (Bobbins and thread would also be helpful!) A supply list of sewing tools will be provided upon registration. Project materials to be determined at the first class. Class is limited to fifteen (15) students. *There are no discounts available on this class.*

Tues. 6:00-9:00 p.m. 8 wks. RHS

Starts 9/28 (No Class on 11/2)

Instructor: Sara Jane Reilly

Fee: \$65

DANCE, DANCE, DANCE

COUPLES COUNTRY WESTERN AND SWING DANCING

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

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING – JUST THE BASICS

Country Western (C/W) Dancing has become the most popular social dance phenomenon the nation has ever seen. C/W dance can be performed to Country music as well as to Pop, Rock, Ballroom, and even EDM music. In this 4-week class, you will have the opportunity to learn the basics of the 8 most popular C/W couple and partner dances performed across the nation. The list of the couple dances to be taught include: Single Rhythm Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, El Paso, and 10-Step partner dances. Emphasis will be made on proper C/W dance styling, leading

continued on next page

and following techniques, dance/music distinction, and the development of dance move amalgamations. Class is designed for the beginning dancer, no experience necessary. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tues. 6:00-7:30 p.m. 4 wks. RHS
Starts 9/28

Instructor: Chris Hookie

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

BEGINNING SWING DANCE FOR COUPLES – JUST THE BASICS

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

Tues. 7:30-9:00 p.m. 4 wks. RHS
Starts 9/28

Instructor: Chris Hookie

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

MORE COUNTRY WESTERN COUPLE AND PARTNER DANCING

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

method. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tues. 6:00-7:30 p.m. 4 wks. RHS
Starts 10/26 (No Class on 11/2)

Instructor: Chris Hookie

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

MORE SWING DANCING FOR COUPLES

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

Tues. 7:30-9:00 p.m. 4 wks. RHS
Starts 10/26 (No Class on 11/2)

Instructor: Chris Hookie

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

LINE DANCING FOR BEGINNERS

Come dance with us! This class is all about line dancing and having fun. We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. This is a BEGINNER level line dance class and the dances taught in class will reflect that. We will start with basic steps and patterns and build on those each week. If you have never line danced before, or if you have some dance experience but want to continue to work on your basic skills, this class is for you! Since this class is an on-going class we have a mixed group of experience levels: 1) brand new beginners just starting out for the first time, 2) fairly new dancers back for their second or third session, and 3) seasoned dancers who have been dancing for years but enjoy the pace of the class. Each week when you come in there will be “warm-up” music playing before class starts and you will see

people out on the floor dancing. During warm-up time you will hear a variety of music both from the current session as well as music from dances learned in previous sessions. Of course, on week one, if you are new then everything will be new to you. We want you to feel comfortable, so just jump in and see what you can do. Before you know it, you will be out on the floor dancing up a storm! There is a 25% senior citizen or military discount on this class. Please wear comfortable closed back shoes—no boots that will mark the floor please. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing it warms up fast.

Please note that due to space constraints we have SPLIT this class into two classes, each being 90 minutes. Please carefully choose the time slot you would like to attend.

Option One: Mon. 6:00-7:30 p.m. 10wks.

VCMS (Cafeteria)

Option Two: Mon. 7:30-9:00 p.m. 10 wks.

VCMS (Cafeteria)

Starts 9/20 (No Class on 10/11)

Instructor: Sarah Preston

Fee: \$65

ENRICHMENT AND PERSONAL DEVELOPMENT CLASSES

ANIMAL COMMUNICATION

Through Animal Communication you will learn how to connect with animals in a whole new meaningful way and enjoy a deeper relationship with you own fur babies or with other animals. You will learn and understand how to communicate with animals, along with understanding of each other's needs, wants and desires. Join us in this fun, interactive class. A course workbook is given that will be used in class and at home, along with exercises to practice when home. *There are no discounts available on this class.* There is a \$5.00 materials fee due at the time of registration.

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

Starts on 11/1

Instructor: Lisa Huppert and Rev. Heather DeLusso

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 9/29 (No Class on 10/12)

Instructor: Rev. Heather DeLusso

Fee: \$45

BEGINNER BRIDGE

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

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

Starts 9/27

Instructor: Jim Kelly

Fee: \$55

FINDING YOUR DREAM CAREER

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

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

Starts 9/27 (No class 10/11)

Instructor: Leonard Diana

Fee: \$40

HOW TO LOVE YOUR RETIREMENT!!!

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

This is also a great opportunity to meet new people.

Mon. 6:00-8:00 p.m. 6 wks. RHS
Starts 9/27 (No Class on 10/11)
Instructor: Tom Allan
Fee: \$45

PSYCHIC DEVELOPMENT I

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

Mon. 7:00-9:00 p.m. 8 wks. RHS
Starts 9/27 (No Class on 10/11)
Instructor: Mary Cunningham
Fee: \$55

PSYCHIC DEVELOPMENT III

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

Wed. 7:00-9:00 p.m. 8 wks. RHS
Starts 9/29
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.*

Tues. 6:00-8:00 p.m. 6 wks. RHS
Starts 9/28 (No Class on 11/2)
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!

Tues. 6:30-8:30 p.m. One Night RHS
Meets on 9/28
Instructor: Such A Voice Staff
Fee: \$20

DECLUTTERING HABITS FOR BEGINNERS

Learn decluttering tips and habits from Rosemary King, a contributing author to the book *Embrace Your Space* and owner of Heart-Led Concierge. Rosemary will be teaching participants how to establish a routine to help gain control over the clutter in their home. Enrollment will be limited to fifteen (15) students. *There are no discounts available on this class.*

Tues. 6:00-7:00 p.m. 4wks. RHS
Starts on 9/28
Instructor: Rosemary King
Fee: \$25.00

MAKE WAY FOR BABY:

A Parenting Class for Expecting and New Parents (ONLINE)

Expecting parents will learn how to hire a doula/birth coach, shop for necessities, interview a pediatrician, and learn the basics of parenting. We will also discuss preparing emotionally and exploring lifestyles prior to the child's arrival. Enrollment will be limited to eight (8) birthing partners/parenting dyads. *There are no discounts available on this class.*

Sat. 10:00-11:00 a.m. 4wks. ONLINE
Starts on 10/2
Instructor: Rosemary King
Fee: \$20.00

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

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.

**FALL CLASSES IN-PERSON
AND SOME VIRTUAL
OPTIONS AVAILABLE**

GED, CDP, & NEDP ORIENTATION & REGISTRATION

ORIENTATION is required for all high school completion options (virtual on ZOOM)

- 1) Register for an Orientation online at www.vrabe.com or call **860-870-6060**.
- 2) All students must provide a valid photo I.D. (state issued, driver's license, non-driver or passport). *Proof of Connecticut residency in our regional towns required to join classes.*
- 3) Students ages 17 and 18 must provide Connecticut withdrawal paperwork from their local school district.
- 4) Students interested in the Credit Diploma Program must provide an Official Transcript from the last high school they attended.
- 5) See descriptions on next pages for the three High School Completion Options: GED Test Preparation, Credit Diploma Program (CDP), and National External Diploma Program (NEDP).

PRE-GED CLASSES (ABE)

This 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 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, and Wethersfield. 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

FALL CLASSES IN-PERSON AND SOME VIRTUAL OPTIONS AVAILABLE



FREE CHILDCARE for Adult Ed students enrolled in high school completion or ESL classes

Rockville High School, Vernon
Evenings M/T/W 4:30pm-9:00pm

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

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 available to eligible residents in our 14 town region. For additional information, call 860-870-6060.



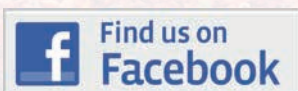
ENGLISH AS A SECOND LANGUAGE (ESL)

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 virtual 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 daytime or evening virtual classes available to residents in our 14 town region. 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/vernonadulthood



FAMILY LEARNING GED/ESL

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

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

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

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

Vernon (ESL/GED)

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

Vernon childcare provided by Academy of Art & Learning

Wethersfield (ESL)

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

Wethersfield childcare provided by YMCA



facebook.com/vernonadulthood

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

All activities offered by VRABE Regional Adult Based Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Call Disability Contact Person 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, call Disability Contact Person at 860-870-6060. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110

CREATIVE WRITING

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 ten (10) students. There are no discounts available on this class.

Wed. 6:30-8:30 p.m. 10 wks. RHS
Starts 9/29
Instructor: Rima Riedel
Fee: \$85

WRITING FOR THE CHILD AUDIENCE

This course will cover various aspects of how to write and market your manuscripts for children from pre K through 6th grade. Topics included are Picture Books, Poetry—particularly Haiku, Concrete and of course—rhyme time. For aspiring writers who would like to break into the market or just put together a book for that special little someone. Enrollment will be limited to ten (10) students. There are no discounts available for this class.

Mon. 6:30-8:30 p.m. 6 wks. RHS
Starts 9/27
Instructor: Rima Riedel
Fee: \$60.00

EXERCISE, PHYSICAL FITNESS AND SPORTS

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

BALANCE & STRENGTHENING

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

keeping its balance (or trying to recover from a possible fall situation). Enrollment in this class is limited to twelve (12) students.

Mon. & Wed. 6:00-7:00 p.m. (Total of 16 -1 hour sessions)
Starts 9/27 (No Class on 10/11)
Instructor: Amy Cashman, RN
Fee: \$60

BELLYROBICS (ONLINE)

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

Tues. 6:30-7:30 p.m. 8 wks. ONLINE
Starts 9/28 (No Class on 11/3)
Instructor: Rima Riedel
Fee: \$60

PILATES CORE

Do you want to have a strong core and flat stomach? What are you waiting for? Pilates Core is the right class for you. Pilates Core will focus on the muscles of the abdomen, low back, and hips, often called the “powerhouse” and thought to be the key to a person's stability. This class will focus on a variation of the Pilates mat workout using various props, light hand weights, and contemporary movements. This class will help develop a strong inner core while sculpting long, lean muscles. This class is for everyone and every level; modification will be available for anyone who needs it. Bring a mat, some water, a 1 or 2 lb weight, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. Enrollment in this class is limited to twelve (12) students. *There are no discounts available on this class.*

Tues. 5:30-6:30 p.m. 9 wks. RHS
Starts 9/28 (No Class on 11/2)
Instructor: Marlene Michaud
Fee: \$70

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

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.*

Tues. 6:35-7:35 p.m. 9 wks. RHS
Starts 9/28 (No Class on 11/2)
Instructor: Marlene Michaud
Fee: \$70

ONLINE CARDIO CORE AND PILATES CORE (ONLINE) FREE TRIAL CLASS

CURIOUS IF CARDIO CORE OR PILATES CORE IS RIGHT FOR YOU? TRY ONE CLASS FOR FREE AT THE VIRTUAL OPEN HOUSE NIGHT. In this one night only, ONLINE class you can try out Cardio Core and Pilates Core and see if it works for you. Please register online to get an email of your zoom code for this class.

Tues. 9/21 6:30-7:30 p.m.
ONE NIGHT ONLINE
Instructor: Marlene Navarro Michaud
NO FEE

EXPRESS STRONG NATION PERSONAL COACHING (ONLINE)

This EXPRESS class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more! This class is open to everyone; no previous experience necessary and modifications will be made for anyone who needs it. Enrollment in this class is limited to ten (10) students. *There are no discounts available for this class.*

Thurs. 1:00-1:30 p.m. 8 wks. ONLINE
Starts 9/30
Instructor: Marlene Navarro Michaud
Fee: \$45.00

STRONG NATION PERSONAL COACHING (ONLINE)

This full length class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping

you make it to that last rep, and maybe even five more. This class is open to everyone; no previous experience necessary and modification will be available for anyone who needs it. Enrollment in this class is limited to ten (10) students. *There are no discounts available for this class.*

Thurs. 6:00- 7:00 p.m. 8 wks. ONLINE
Starts 9/30
Instructor: Marlene Navarro Michaud
Fee: \$90

ZUMBA (ONLINE)

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required. Working up a sweat in the 60-minute classes burns an average of 369 calories. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility. Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. Zumba emphasizes moving to the music and having fun regardless of your fitness level. Zumba class it can be modified to meet your needs. Additional Notes: Have some water, 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 will be limited to fifteen (15) students. *There are no discounts available on this class.*

Mon. 5:30-6:30 p.m. 10wks. ONLINE
Starts 9/27
Instructor: Marlene Navarro Michaud
Fee: \$70.00

ZUMBA-TONING (ONLINE)

This class is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! The benefits of this class are the lightweight maraca-like Toning Sticks enhances the sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. *Additional Notes:* Bring a 3 or 5 lb. weight, (or get Zumba Toning Sticks from Walmart store) 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. There will be no class on Wednesday November 24th. Enrollment will be limited to fifteen (15) students. *There are no discounts available on this class.*

Wed. 6:00-7:00 p.m. 10wks. ONLINE
Starts 9/29
Instructor: Marlene Navarro Michaud
Fee: \$70.00

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

INTERMEDIATE FLORAL DESIGN

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

Session One: Mon. 6:30-8:30 p.m. 7 wks.
RHS VoAg Building Starts 9/27 (No Class on 10/11)

Session Two: Tues. 6:30-8:30 p.m. 7 wks.
RHS VoAg Building Starts 9/28 (No Class on 11/2)

Instructor: Cindy Gorsky

Fee: \$45

BEGINNING FLORAL DESIGN

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

Wed. 6:30-8:30 p.m. 7 wks.
RHS VoAg Building Starts 9/29

Instructor: Cindy Gorsky

Fee: \$45

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.

FINANCIAL PLANNING/INVESTING

PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE (ONLINE)

Do you know which strategy is best for you?

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income.

We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision.

Session One: Mon. 6:30-8:00 p.m. One Night
ONLINE Meets on 9/20

Session Two: Tues. 6:30-8:00 p.m. One Night
ONLINE Meets on 10/5

Session Three: Wed. 6:30-8:00 p.m. One Night
ONLINE Meets on 11/10

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

Fee: \$19

WOMEN AND FINANCIAL PLANNING

Do women face special or different financial concerns? Women who are married, single, divorced or widowed may have financial challenges where financial planning is concerned. Studies show that women may inherently be better investors as females are less prone to risky financial behavior. Women often lack the time to further their understanding of financial matters as they are often handling many of their own and/or their families' routines in addition to money management. This three-evening program will discuss aspects of Financial Planning for Women and help provide a resource for success in Financial Planning. A program agenda is planned, but the actual agenda will be set by the attendees and areas of Financial Planning asked to be examined. Topics open for discussion will be QDROs, taxes, retirement plans, understanding investments, investment selection, insurance, and your financial concerns.

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

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

Tues. 6:30-8:30 p.m. 3 wks. RHS
Starts 9/28

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

continued on next page

is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away knowing what these documents are for, and what you need to do to create them. You'll also learn about the probate process and how it works. Even if you already have an estate plan, there's a good chance it needs updating because laws often change. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

Wed. 6:00-7:30 p.m. One Night RHS
Meets on 9/29
Instructor: Attorney Colleen Masse
Fee: \$19

MEDICARE 101 (ONLINE)

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.

Thurs. 6:00-7:30 p.m. One Night ONLINE
Meets on 9/30
Instructor: Bill McCloskey
Stateline Senior Services
Fee: \$15

INVESTING AS A HOBBY – PART I (ONLINE)

If you are interested in investing but not sure where to start, this class is an excellent way to get started. In this class you will learn about stocks, exchange traded funds, mutual funds, and how to buy and sell a stock. You will learn the basics of how to read financial statements, analyze a business using Warren Buffett's criteria of a great business, and how to know if a stock is cheap or expensive. We will review one of Warren Buffett's stock purchases to see how he analyzes a company. In the application session, you will use various free tools and resources to analyze companies you are interested in. Once the class has identified companies they want to invest in, we will build a portfolio of stocks, backtest it, and see if we can beat the market. Finally, you will learn about Warren Buffett and Ray Dalio's investing strategies and how to implement them. A basic understanding of Microsoft Excel will be helpful, but not required. *There are no discounts available on this class.*

Wed. 6:30-8:30 p.m. 6 wks. ONLINE
Starts 9/29
Instructor: Brian Flynn
Fee: \$55

INVESTING AS A HOBBY – PART II – CHARTING A COURSE (ONLINE)

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

Wed. 6:30-8:30 p.m. 4 wks. ONLINE
Starts 11/3
Instructor: Brian Flynn
Fee: \$45

LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS

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

Tues. 6:30-8:30 p.m. One Night RHS
Meets on 10/12
Instructor: Leonard J. Del Gallo, Jr., M.S.,
MPASsm, CFP®
Fee: \$19

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 10/6

Instructor: Attorney Colleen Masse
Fee: \$19

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

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

Wed. 6:00-7:30 p.m. One Night RHS
Meets on 10/13

Instructor: Attorney Colleen Masse
Fee: \$19

WEALTH AND MONEY MANAGEMENT- How to Keep It, Where to Position It and How to Use It Wisely

When do you need to review your financial issues? What do you need to change? How do you feel about your financial future? How do you feel about making financial decisions? Do you have a process or plan? Are you comfortable making financial decisions that may impact your financial future? With proper planning, you can provide for your long-term income needs. Everyone, regardless of income, needs a financial and investment plan. Long-term and dependable income solutions are vital. This class helps you assess your financial position and helps guide you in developing a strategy to provide for your long-term income needs after age 65 and into your 80's and 90's. We will review mistakes many people make in their planning and discuss ways to avoid making mistakes. There is a \$15.00 lab fee payable at the time of registration.

Tues. 6:30-8:30 p.m. 3 wks. RHS
Starts on 11/9

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: \$35.00

MONEY 101: FINDING FINANCIAL FREEDOM (ONLINE)

Join us as we talk about what money is, how it works, creating financial success, how to live within your means, while exploring Financial Independence and learning how to create a successful, debt free life! Is it possible to have enough money to retire early? YES!!! How is this possible you ask? In this course we will explore the basics of personal finance from a financially independent perspective. You will become familiar with strategies you can use to successfully make your money work for you so that you don't have to keep working for money! You will learn strategies to be on FIRE (Financial Independence, Retire Early). We will focus on learning action steps you can take to work towards a prosperous retirement.

Tues. 6:30-8:00 p.m. 2 wks. ONLINE
Starts on 9/21

Instructor: Melissa Almquist
Fee: \$20

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

FOREIGN LANGUAGE CLASSES

AMERICAN SIGN LANGUAGE (ASL) 1

This is a beginner Full Immersion, **voice off** class.

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. Many topics are not covered in the textbook. Handouts and other resources will be provided.

Course Objectives

- Recognize and produce ABC's and basic finger spelled words.
- Demonstrate the ability to use the numbers from 1-50.
- Demonstrate the ability to use appropriate signs based on conceptually accurate signs/vocabulary in chapters studied, approximately 350 vocabulary words from the chapters.
- Create basic sentences using vocabulary learned.
- Develop basic small talk conversational strategies in ASL using interactive activities.
- Identify, and begin to apply and utilize the grammatical features of ASL (5 ASL Parameters) – Handshape, Location, Palm Orientation, and Facial Expression/Non-Manual Markers
- Learn about historical and cultural perspective of Deaf people, including technical advances.
- Become familiar with the various modes of communication used by Deaf individuals.
- Demonstrate the ability to have a basic conversation with a fluent signer. This course is 10 weeks and will cover units #1-8 using the text book Learning American Sign Language: Levels I & II - Beginning and Intermediate (2nd edition) by Tom Humphries and Carol Padden.

The same text book will be used for future classes.

Mon. 6:00-8:00 p.m. 10 wks. RHS
Starts 9/27 (No Class on 10/11)
Instructor: Jennifer Stanley
Fee: \$85

AMERICAN SIGN LANGUAGE (ASL) 2

ASL 2 is a continuation of ASL 1. This course is designed to continue development of American Sign Language expressive and receptive skills, grammar, vocabulary, cultural awareness and related terminology. The larger goal of this class is to provide students with a cultural, rather than a pathological, view of deafness and thereby increase their understanding of a variety of Deaf and Hard of Hearing individuals. Many topics are not covered in the textbook. Handouts and other resources will be provided. This course is 10 weeks and will cover Units #9-16 using the text Learning American Sign Language: Levels I & II- Beginning and Intermediate (2nd Edition) by Tom Humphries and Carol Padden. Purchase of the textbook is optional. Learning any language requires time and practice. This class is designed for all individuals, hearing, Hard of Hearing, and Deaf who want to learn how to communicate in ASL. *There are no discounts available on this class.*

Tues. 6:00-8:00 p.m. 10 wks. RHS
Starts 9/28 (No Class on 11/2)
Instructor: Jennifer Stanley
Fee: \$85

BEGINNER SPANISH (ONLINE)

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

Wed. 6:00-8:00 p.m. 8 wks. ONLINE
Starts 9/29
Instructor: Nora Mijares Alpers-Leon
Fee: \$60

SPANISH II (ONLINE)

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

This class will continue where the Beginner Spanish class concluded. Students will continue to build vocabulary and grammar to improve fluency in basic interactions. Students will continue to practice the three modes of communication according to ACTFL standards: interpretive (listening), interpersonal (conversation), and presentational (writing & speaking about a particular topic). Students will continue to

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

learn about the many cultures of Spain and Latin America. The book for this class will be the same as those used in the Spanish I class. Anyone who needs to purchase books will be able to do so the first night of class at a cost of approximately \$35. Enrollment in this class is limited to twenty (20) students. *There are no discounts available on this class.*

Mon. 6:00-8:00 p.m. 8 wks. ONLINE
Starts 9/27 (No Class 10/11)
Instructor: Nora Mijares Alpers-Leon
Fee: \$60

INDUSTRIAL ARTS

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
Starts 10/6
Instructor: Mark Lawrence
Fee: \$80

HOME IMPROVEMENT

KITCHEN REMODELS – ALL YOU NEED TO KNOW!

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

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 10/13
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 11/10
Instructor: Neil Betts
Fee: \$20

CREATING A WELCOMING SPACE FOR CHILDREN

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

Wed. 6:30-8:30 p.m. One Night RHS
Meets on 11/4
Instructor: Neil Betts
Fee: \$20

REPLACEMENT WINDOW WORKSHOP (ONLINE)

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.

Tues. 7:00-9:00 p.m. One Night ONLINE
Meets on 10/12
Instructor: Paul O'Doherty
Fee: \$20

PHOTOGRAPHY

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

continued on next page

Next, the specific controls on your camera that mystify most beginners will be identified and explained thoroughly. You will learn exactly where they are located on your camera and precisely what they do. Then we will discuss and critique each other's pictures. This will be done both as a way to understand photographic composition as well as to explore specific shooting issues you may be having with your own images. There will be time in class to practice shooting with your camera. This will help solidify what you have learned about photographic theory and the camera controls. And it will be your chance to try a variety of composing ideas. A very complete handout will be given to you when you arrive. It contains lots of information and diagrams, and will greatly simplify the process of understanding what is being taught in class. In addition, the handout will allow you to spend less time taking notes and more time listening and participating in class. You also will find it quite useful for review after the course has ended. Be sure to bring your digital cameras (with instruction booklet) to class, along with photos you have taken, saved as JPGs, on a flash drive. **IMPORTANT:** Please be sure your camera can operate in non-Automatic modes, such as Manual or Shutter Priority – if it does not and you still want to take the class that certainly is fine, too. Enrollment in this class will be limited to fifteen (15) students. There are no discounts available on this class.

Tues. 6:00-9:00 p.m. 4 wks. RHS
Starts 9/28
Instructor: Peter Glass
Fee: \$75

DIGITAL PHOTOGRAPHY- INTERMEDIATE

The prerequisite for this class is the successful completion of Digital Photography-Beginner Level (or its equivalent) or the feeling you know basic photographic theory and how the major controls on your camera work. Now that you have a basic understanding of what digital photography is all about, it is time to take the next step. We will start with a review of the beginning photography course, using it as a foundation for this course, then move on to some new and exciting topics. Here are some examples: We will set up a basic three-point lighting scene using professional photographic tungsten lights. You will use each other as subjects as you try out various lighting scenarios; The use of portable on-camera flash units will be demonstrated. Among other things, you'll see how the flash "talks" with the camera to produce just the right amount of illumination; Advanced Depth-of-Field and Hyperfocal Distance concepts will be explained. An understanding of these allows for more precise and controlled focusing; You will discover the wonderful world of digital imaging, using both Adobe Photoshop and Adobe Camera Raw, where images can be fixed-up, enhanced, or completely altered;

We will review each other's images, along with some of the instructor's, as a basis for discussing composition and esthetics; Using this great interactive program called CameraSim Pro, we'll experiment with various camera settings, lighting, and composition on a variety of subjects. You will also be taking lots of pictures during class. This will give you plenty of time for camera practice and for trying out your own composing ideas. 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. 3 wks. RHS
Starts 10/27
Instructor: Peter Glass
Fee: \$65.00

MACRO AND UP-CLOSE PHOTOGRAPHY DONE INEXPENSIVELY

Have you ever wanted to photograph very small objects so that you can see what they look like blown-up? If so, this class will show you everything necessary to accomplish that... inexpensively!

We'll begin by going over a few basic concepts of photography including aperture, shutter speed, ISO, and depth-of-field. I'll then cover how wide-angle vs telephoto vs mid-range lens settings help determine the overall look of the image. For some people, this will be a review; for others it will be brand new information. We'll then move on to discussing the concepts behind macro and close-up photography. I'll explain the difference between the two, and talk about the steps necessary for creating dynamic images. After that, it will be show and tell. I'll break out my equipment, including camera, tripod, reflectors, photographers wax, and clamps. I'll set up some small objects on the café table and, in detail, walk you through how to photograph them. Along the way, I'll show you how to use a close-up filter, extension tube, bellows, reversal ring, and focusing rail – all items that convert normal lenses into macro lenses.

A very complete handout will be given out at the class. It contains almost all of the information presented in class. And I think you'll find it an ideal tool for reviewing the material at home. There are no discounts available for this class.

Wed. 6:00-9:00 p.m. One Night RHS
Meets on 11/17/2021
Instructor: Peter Glass
Fee: \$25.00

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE (ONLINE)

The quality of smartphone cameras is improving rapidly. Their capabilities extend far beyond what most people seem to use them for... taking selfies. In many situations, they work quite well as a stand-ins for SLR cameras. It therefore is no longer necessary to drag around a big camera because you're afraid of missing that great photo opportunity. A good quality smartphone can work pretty well instead.

This is a class for those truly interested in producing first rate images with their smartphone cameras. That means moving away from the Auto Mode, where control by you is almost nonexistent, to the Manual or Shutter Priority modes. This puts you more in charge of how the final images will look. They no doubt will be much improved.

Please note: the taking of selfies will not be covered in this class.

All the information necessary for taking superior smartphone pictures will be addressed. Topics to be covered include:

- Understanding basic photography theory
- Identifying and setting the camera controls
- Suggestions for handholding your camera
- Specific steps to follow when taking a picture
- Useful accessories for your smartphone camera
- Finding and installing the best smartphone camera apps
- What to look for when buying a new or used smartphone

In addition you'll be taking photographs with your smartphone camera. Feedback will be offered to help you become more comfortable with the operation of your camera and suggestions for improving your image compositions.

A very complete handout will be sent to you. It contains lots of information and will greatly simplify the process of understanding what's being taught in class. You'll also find it quite useful for review after class has ended. Please download WebEX prior to the first night of class. Instructions will be emailed ahead of time. There are no discounts available for this class.

Thurs. 6:00-9:00 p.m. ONE NIGHT ONLINE
Meets on 10/14/2021
Instructor: Peter Glass
Fee: \$25.00

COMMUNITY SERVICE OFFERINGS

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

The goal of homeownership is certainty and peace of mind, and the crumbling foundation crisis is ruining that for many Tolland County homeowners. Whether your home is intended to be your starter home, your forever home or your retirement strategy, being proactive and informed to defend against the crumbling foundation crisis can give homeowners time and options. If you or your neighbors are currently suffering from the stress of owning a home maligned with a crumbling foundation, get answers to these questions: Do I continue to pay my mortgage?; Where does my family go if we can't stay in our house?; Is there government funding?; and Can I negotiate with the bank or refinance?

Sarah Poriss helps homeowners suffering from the crumbling foundation crisis create their own unique path to a resolution that offers closure and peace of mind. This seminar will describe current options for homeowners who have mortgages and whose homes have lost value because of a crumbling foundation. Anyone who thinks they may be affected should attend this free seminar.

Tues. 6:30-8:00 p.m. One Night RHS
Meets on 10/13
Instructor: Attorney Sarah Poriss
No Registration Fee

CHILDREN AND FAMILY

Join us for a special class designed for you AND your child. This is the only class in our catalog offered to people under 18, but does require an adult to supervise.

TOGETHER IN THE KITCHEN! (ONLINE)

Together in this class we will learn to cook a meal and make a dessert each week and the best part is you can eat it after! Cooking and baking is a wonderful and fun way to express yourself. We will learn how to make a variety of recipes from traditional dishes, fun and creative dishes, to simple and easy dishes. Shopping list and recipes will be emailed to participants.

Wed. 5:00-6:00 p.m. 4 wks. ONLINE
Starts on 10/6
Instructor: Melissa Almquist
Fee: \$20

ONLINE REGISTRATION

Begins on August 26, 2021
at www.vrabe.com

ONLINE CLASSES (VIRTUAL CLASSES)

Please find all information for these classes in the correlating category section above.

Children and Family

Together in the Kitchen!

Computers and Technology

Designing Your Own Website

Developing Your Own Website

Facebook 101- An Introduction to the Social Media Platform

Lost in Social Media?

What Can I Do With My Smartphone Photos Now?

Enrichment and Personal Development

Make Way For Baby: A Parenting Class for Expecting and New Parents

Essential Oils

Healthy Start with Essential Oils

Promoting a Good Night's Sleep

Cleaning with Essential Oils

Spotlight on 10 Most Popular Oils

Mastering Soul Potential

Exercise and Sports

Bellyrobics

Cardio Core and Pilates Core Free One Week Trial

STRONG Nation Personal Coaching

STRONG Nation Personal Coaching EXPRESS

ZUMBA

ZUMBA-TONING

Financial Planning

Investing As A Hobby Part 1

Investing As A Hobby Part 2 Charting a Course

Medicare 101

Plan Your Social Security With Confidence...

Do You Know Which Strategy Is For You?

Foreign Language

Beginner Spanish

Spanish II

Health in Body and Mind

Meditation for Spiritual Awakening

Home Improvements

Replacement Window Workshop

Music and Entertainment

Murder Mystery Night

Photography

Take Great Photos With Your Smartphone

FREE EVENING CHILDCARE



**For Adult Ed students enrolled in
high school completion or ESL classes**

VRABE at Rockville High School, Vernon

During class time—M/T/W 4:30pm-9:00pm

While you are in classes, your child receives:

- dinner and snacks
- homework help
- fun and games

**860-870-6060
www.vrabe.com**

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

WORKPLACE EDUCATION

BRING THE CLASSROOM TO YOUR COMPANY

WE OFFER:

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

EMPLOYER BENEFITS:

- Increased Productivity
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- 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: Workplace Coordinator at **860-870-6060**

www.vrabe.org

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 SOUTH (NORTH) SIDE OF THE BUILDING. YOU MAY PARK IN THE LOT IN FRONT OF THE BUILDING OR IN THE LOT ON THE NORTH SIDE OF THE BUILDING. PLEASE NOTE THAT PARKING IN THE LARGE LOT ON THE SOUTH SIDE OF THE BUILDING WILL CREATE A VERY LONG WALK TO THE FRONT MAIN ENTRANCE OR THE REAR ENTRANCE. THESE ARE THE ONLY TWO ENTRANCES THAT WILL BE OPEN.

DIRECTIONS TO ROCKVILLE HIGH SCHOOL (RHS)

70 Loveland Hill Road, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exits 64-65. Ramp divides. Bear left. Ramp divides again, bear right to stoplight. You will be on Route 83 North. Go to the 10th stoplight on Route 83. At that light turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building. **Traveling West:** Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. Go straight through the stoplight and follow Center Road to the end. Turn left at the end of Center Road onto Regan Road. At the first stoplight, go right onto Route 83 North. At the first stoplight turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

DIRECTIONS TO VERNON CENTER MIDDLE SCHOOL (VCMS)

777 Hartford Turnpike, Vernon, CT 06066

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

REGISTER EARLY!

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

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



REGISTRATION FORM

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

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE: HOME _____ WORK _____ CELL _____

EMAIL ADDRESS _____

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

I AM MILITARY ☐ RETIRED ☐ RESERVES ☐ ACTIVE

PLEASE CHECK YOUR METHOD OF PAYMENT: ☐ CASH ☐ CHECK ☐ MONEY ORDER

* MASTERCARD NUMBER _____

* VISA CARD NUMBER _____

* EXPIRATION DATE _____

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

* SIGNATURE _____

* REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION



REGISTER EARLY!

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

SOME NEW COURSES THIS SEMESTER

- ❖ Balance & Strengthening
- ❖ Creative Writing Workshop
- ❖ Together in the Kitchen
- ❖ Developing Your Own Website
- ❖ Facebook & Instagram for Business
- ❖ Essential Oil Classes
- ❖ Great British Bakeoff Comes to Vernon
- ❖ Instant Indian Cooking
- ❖ Investing as a Hobby – Part II –
- ❖ Charting a Course
- ❖ Royal Icing Flower & Cake Design
- ❖ Soul ReAwakening with Movement & Rest
- ❖ TacoTime
- ❖ Understanding Weight: Beyond Diet and Exercise

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ALSO INSIDE

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

→ DON'T FORGET!

REGISTER EARLY
AVOID BEING
DISAPPOINTED



REGIONAL ADULT BASED EDUCATION

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