



# VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

## Fall 2025

### **ADULT EDUCATION:**

High School Completion (CDP, GED, & NEDP)  
& English as a Second Language (ESL)

See Page 22 for class registration and other important information

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### **CONTINUING EDUCATION/ENRICHMENT:**

Registration for Enrichment Courses begins  
**Thursday, August 21, 2025**

Classes begin **September 15, 2025**  
(860)870-6060

**All Towns Welcome: Enroll Now in Adult Enrichment Courses!**



# VERNON REGIONAL ADULT BASED AND CONTINUING EDUCATION

**Dr. Joseph Macary**, *Superintendent of Schools*  
**Mr. Robert Testa**, *Assistant Superintendent of Schools*  
**Melissa Iles**, *Director of VRABE Regional Adult Based Education*  
**Lila Call-Matson**, *Regional Administrative Assistant*  
**Susan Dombek**, *Continuing Education Administrative Assistant*

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.

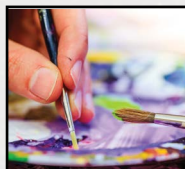
Inquiries regarding VRABE, Continuing Education and the Vernon Board of Education's nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator. 860-896-4666

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.

## Page 5

### ART CLASSES

Discover your creative side with our popular art classes, including watercolor painting, and working with clay. Register early to secure your spot, as space is limited. Find more details in our catalog!



## Page 6

### COMPUTER CLASSES

Unlock new skills and opportunities with our computer courses! Whether you're a beginner or looking to advance your tech skills, we offer a variety of topics, including Intermediate Excel, now offered in person at RHS. Master the essentials of Facebook, Instagram, Canva, and Shopify with our online courses!



## Pages 7-8

### DANCE

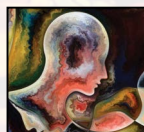
Line Dancing is back! This season, we're offering two exciting 10-week line dancing classes for individuals held at VCMS. Whether you're a beginner or looking to perfect your moves, there's something for everyone!



## Pages 8-9

### ENRICHMENT & PERSONAL DEVELOPMENT

Try something new this session with Golf for Women and Golf for Men (beginner-level) at Lyman Orchards Golf Club. Develop Your Intuition to enhance your personal growth. Plus, sign up for the popular "How to Obtain Your Boating License" course for an exciting adventure on the water!



## Page 15

### FABRIC ARTS

Dive into the world of creativity with our Crochet 101 course tailored for beginners or those seeking to enhance their skills! But wait, there's more! Introducing our Crochet Workshop and Creative Sewing. Whether you're a novice or aiming to refine your craft, we have something for everyone!



## Page 16

### FINANCIAL PLANNING

Take charge of your financial future with our expert-led courses. Learn to create a powerful strategy for creating passive income with Dividend Investing. Plan ahead with Estate Planning and Trusts, maximize your Social Security benefits, and confidently navigate Medicare options. Each course is designed to help you build a secure financial foundation.



## Pages 17-18

### HOME IMPROVEMENT

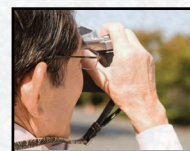
Join our single-session workshops in Home Improvement, where you can explore topics like Bathroom Remodels, Kitchen Remodels, Interior Design, and Getting Organized. Plus, sign up for our popular online workshop on Replacement Windows. NEW! No-Sew Home Accessories Workshop



## Page 19

### DIGITAL PHOTOGRAPHY

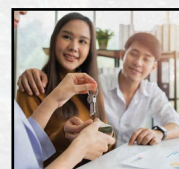
Discover our well-loved photography courses suitable for all skill levels, from beginners to advanced enthusiasts. No digital camera? Join our class to master the art of capturing stunning photos with your smartphone!



## Page 20

### REAL ESTATE

Explore our sought-after Real Estate Courses tailored for various needs. From mastering the art of navigating the Path to Homeownership and grasping Home Buying Essentials, we cater to all levels of expertise. Don't miss out on invaluable knowledge to achieve your real estate goals!



## VERNON CONTINUING EDUCATION OFFICE

Rockville High School  
70 Loveland Hill Road  
Vernon, CT 06066

**ONLINE REGISTRATION BEGINS ON  
Thursday, August 21<sup>st</sup>, 2025**

**REGISTER ONLINE AT**  
**www.vrabe.com**  
(select Continuing Education)

**OR BY TELEPHONE AT**  
**860-870-6060**



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## REFUND/CREDIT POLICY

A refund will be provided only if the class you're enrolling in is already full or if the class is cancelled. Class credit is not provided as an alternative to a refund, whether it's full or partial. No other refund requests will be accepted.

## MASK POLICY

Please note that mask regulations are in accordance with the Town of Vernon and CDC guidelines. Refunds will not be provided in the event of a mask policy being enforced by either the Town of Vernon or CDC. Prior to registering, assess your comfort level with wearing a mask for a specific class, should the policy come into effect.



# FALL 2025 COURSE REGISTRATION & INFORMATION GUIDE

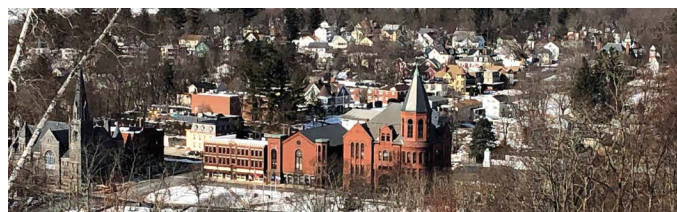
**Registration Begins:** August 21, 2025

**Fall Session Begins:** September 15, 2025

No classes will be held on September 23, 2025  
and November 4, 2025

**Payments:** Please make checks payable to  
Vernon Continuing Education.

Continuing Education classes are open to residents of all cities and towns. All classes are fee-based. Registration confirmations are only available if you register online at [www.vrabe.com](http://www.vrabe.com) or provide your email address at registration.



## GENERAL INFORMATION

**CLASS LOCATIONS:** In-Person classes are held at Rockville High School (RHS). Check the course schedule for details on class dates, times, and locations.

- Registration Fees:** Fees are payable at the time of registration. Accepted forms of payment include check, cash, money order, MasterCard, or Visa. Some classes may have additional costs for books, materials, or lab fees (refer to individual course descriptions). Note: A \$30 fee will be charged for checks returned due to insufficient funds.
- Discounts:** A 25% discount on one class per semester is available for seniors (age 62+) and military personnel (active, reserves, or retired). Discounted classes will indicate eligibility in the course description.
- Lab Fees:** For specified classes, lab fees are payable directly to the instructor in cash or money order on the first night of class (e.g., Florals, Jewelry, Photography, and Pottery). Personal checks are not accepted. Lab fees for other courses will be included in your total registration amount.
- Class Cancellations:** In case of inclement weather or other emergencies, cancellation notices will be posted on local TV stations, their websites, and the Continuing Education office voicemail. Call 860-870-6060, option 3, for updates. If day school is canceled or closes early, evening classes, including online ones, will also be canceled. Efforts will be made to reschedule classes, but no refunds will be issued if rescheduling is not possible within the semester.
- Teacher Absences:** If an instructor is absent, students will be notified, and the missed class will be rescheduled for an additional week at the end of the semester.
- Program Modifications:** Vernon Continuing Education reserves the right to cancel classes, change instructors, or make program adjustments as needed. Refunds will not be issued due to changes in instructors.
- Age Requirement:** Unless otherwise specified, students must be at least 18 years old to enroll in Continuing Education classes.
- Refund/Credit Policy:** Refunds are issued only if the class you are attempting to enroll in is full or has been canceled. Class credits will not be offered as a substitute for refunds, either full or partial. No other refund requests will be considered.
- Mask Policy:** Please be aware that mask regulations will follow the guidelines set by the Town of Vernon and the CDC. Refunds will not be issued if a mask policy is enforced by either entity. Before registering, please consider your comfort level with wearing a mask for a specific class in case the policy is implemented.



## HOW TO REGISTER



**ONLINE:** Visit [www.vrabe.com](http://www.vrabe.com) to register starting Thursday, August 21, 2025. Online registration is available 24/7. Some classes fill up quickly, so registering online allows you to check availability instantly. Click on the Continuing Education link at the top of the homepage to access the catalog and course offerings.



**BY MAIL:** Complete the registration form located at the back of the catalog and mail it along with your check to:

Vernon Continuing Education  
Rockville High School  
70 Loveland Hill Road  
Vernon, CT 06066

Be sure to include your email address and phone number.



**BY TELEPHONE:** Call 860-870-6060 to register with a MasterCard or Visa between 8:00 a.m. and 4:00 p.m., Monday through Friday, beginning August 21, 2025.





## ART

### POTTERY, HANDBUILDING AND THROWING

Explore the delight of working with clay, whether you're a beginner stepping into the world of ceramics or someone rekindling an old passion. This course is designed to guide novice ceramists through essential techniques, covering fundamental skills in hand building such as pinch, coil, and slab methods. Additionally, participants will gain proficiency in throwing, mastering techniques like centering, opening, pulling, and trimming. By the end of the course, students will have the ability to create a diverse range of ceramic pieces and apply glazes to achieve polished finished products. Class size is limited to twelve (12) students, ensuring personalized attention. **There is a material fee of \$40 payable to the instructor on the first night of the class. Please bring cash or a money order, as personal checks will not be accepted. If participants wish to purchase extra materials, they can do so directly from the instructor.** Join us for a hands-on journey into the art of ceramics!

**9/17/2025 to 11/19/2025, 10 sessions**  
**Wednesdays: 5:00 PM - 8:00 PM**  
**at RHS, Rm. 116**  
**Instructor: Katie Sabal**  
**\$205**

### WATERCOLOR PAINTING

Discover the art of watercolor painting in our course designed for beginners and those with some experience. Whether you're entirely new to watercolor or have basic skills, this class caters to a wide range of learners. You'll explore essential techniques, various painting methods, and special effects, focusing on landscapes and florals. Our instructor offers personalized guidance, allowing you to progress at your own pace and fully engage in the creative process. Please note that each class is limited to twelve (12) students, ensuring a supportive and interactive learning environment. You'll receive an email from info@vrabe.com with the materials list a few weeks before the class begins. If you can't find it in your inbox, please check your junk mail and move it to your inbox to receive future emails.

**9/15/2025 to 11/3/2025, 8 sessions**  
**Mondays: 6:00 - PM - 8:00 PM**  
**at RHS, Rm. 117**  
**Instructor: Maaida Sheriff**  
**\$85**

**9/17/2025 to 11/5/2025, 8 sessions**  
**Wednesdays: 6:00 PM to 8:00 PM**  
**at RHS, Rm. 117**  
**Instructor: Maaida Sheriff**  
**\$85**

## BOOKS, STORIES & WRITING

### (ONLINE) FINDING YOUR PERSONAL VOICE 1: Oral History and Memoir Workshop 101 continued

Join us for Oral History and Memoir Workshop 101, an immersive experience where you'll learn the art of memoir writing and oral history. Through interactive sessions, you'll master effective interviewing, ethical considerations, and crafting compelling narratives. Whether you're a seasoned writer or beginner, this workshop provides a supportive environment to hone your skills and unlock the richness of lived experiences. Class size is limited to twelve (12) students.

**10/20/2025 to 11/24/2025, 6 sessions**  
**Mondays: 6:00 PM to 8:00 PM Online**  
**Instructor: Rima Riedel**  
**\$60**

### (ONLINE) FINDING YOUR VOICE, PART II: Writing Workshop

This is a beginner writer's 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 twelve (12) students.

**9/18/2025 to 11/20/2025, 10 sessions**  
**Thursdays: 6:00 PM to 8:00 PM Online**  
**Instructor: Rima Riedel**  
**\$85**





# COMPUTERS & TECHNOLOGY

## (ONLINE) FACEBOOK & INSTAGRAM FOR BUSINESS

Explore our online course designed specifically for entrepreneurs aiming to establish a robust online presence on social media and connect with their desired customer base. During this program, you'll learn essential skills, including setting up a Facebook business account, mastering Facebook Business Manager, crafting targeted Facebook ads tailored to your brand, creating an impactful Instagram profile, leveraging the latest Instagram features for audience engagement, efficiently generating and scheduling content for both Instagram and Facebook, and designing compelling advertisements for Instagram. For those interested in personal use of Facebook and Instagram, check out 'Facebook and Instagram for Beginners'.

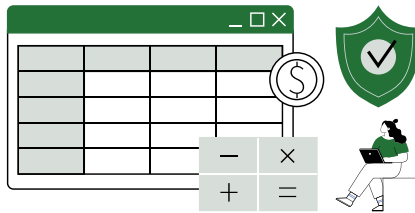
**11/3/2025 to 11/24/2025, 4 sessions**  
**Mondays: 7:45 PM to 9:15 PM Online**  
**Instructor: Shaneika Burchell-Kerr**  
**\$65**



## (ONLINE) FACEBOOK & INSTAGRAM FOR BEGINNERS

Explore the world of social media with our class, tailored for beginners, retirees, and current Facebook and Instagram users seeking to improve their skills. Whether you're new to these platforms or have some experience, this course will teach you how to use Facebook and Instagram effectively. Uncover the nuances of personal profiles, empowering you to maximize the potential of these platforms. If you're interested in leveraging these platforms for business, we welcome you to join our 'Facebook and Instagram for Business' course.

**9/24/2025 to 10/15/2025, 4 sessions**  
**Wednesdays: 6:00 PM - 7:30 PM Online**  
**Instructor: Shaneika Burchell-Kerr**  
**\$65**



## INTERMEDIATE EXCEL

In this class, you will learn how to:

- Create and modify charts
- Create advanced formulas
- Create advanced functions (various if statements, V-lookup)
- Create and manipulate tables
- Create basic Pivot tables

**Note:** To get the most out of this course, students should have basic Excel skills. This class uses the **Windows version of Excel**, which may look or behave differently than Excel for Mac. **Apple users are welcome but should be aware that some features may not appear exactly the same.**

This class is eligible for a qualifying senior/military discount

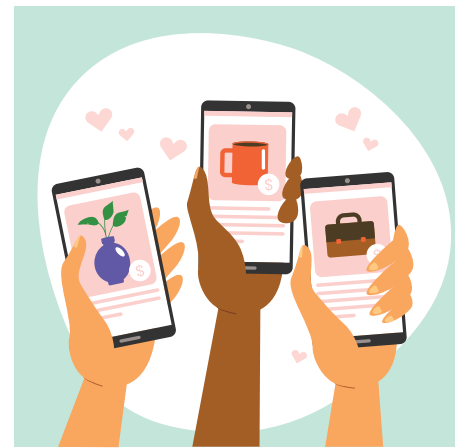
**9/15/25 to 10/27/25, 6 sessions**  
**Mondays: 6:00 PM to 8:00 PM**  
**at RHS, Rm. 135**  
**Instructor: Marjorie Cox**  
**\$80**

**Please Note: Class will not be held on 9/22/25**

## (ONLINE) HOW TO USE CANVA LIKE A PRO

Learn how to design digital content for both personal and business purposes in this course using Canva. Get hands-on experience creating social media posts, flyers, signs, posters, menus, and apparel designs. Perfect for beginners, this course is ideal for anyone looking to enhance their digital design skills for personal, school, work, or business projects. All you need is a computer and basic computer knowledge to get started.

**9/24/2025 to 10/15/2025, 4 sessions**  
**Wednesdays: 7:45 PM to 9:15 PM Online**  
**Instructor: Shaneika Burchell-Kerr**  
**\$65**



## (ONLINE) HOW TO SELL ONLINE WITH ETSY, SHOPIFY, AMAZON & TIKTOK

Discover the key marketplaces for selling both physical and digital goods. Throughout this course, we'll extensively cover Shopify, Etsy, Amazon, and TikTok. By the conclusion of the course, you'll possess a comprehensive understanding of these diverse platforms, enabling you to initiate your initial product listing and begin sales. Concerned about not having a product to sell? No need to fret! You'll gain insights into three methods for selling products without the necessity of ownership, inventory, or shipping to your customers. This course caters to individuals seeking to establish or transition their traditional brick-and-mortar or home-based businesses into successful online ventures using the most popular e-commerce platforms.

**11/3/2025 to 11/24/2025, 4 sessions**  
**Mondays: 6:00 PM to 7:30 PM Online**  
**Instructor: Shaneika Burchell-Kerr**  
**\$65**

## COOKING & BAKING

### CUPCAKE FLORAL BOUQUET

Take your buttercream piping skills to the next level! Create a beautiful floral cupcake display in rich, vibrant fall colors. Learn the techniques to pipe ribbon & petal roses, hydrangea, petal flowers, sunflowers, mums and leaves.

**9/17/2025, 1 session**  
**Tuesday: 5:30 PM - 8:00 PM**  
**at RHS, Rm. 123**  
**Instructor: Theresa Martens**  
**\$35**

### NEW! CHARMING FALL & HALLOWEEN CUPCAKES

If Fall is your favorite season, you will love this class! Celebrate the cooler weather with cupcakes topped by whimsical icing critters, and more! Learn buttercream figure piping and fondant techniques to create a bear, fox, hedgehog, owl, cat, pumpkin and even a mummy!

**10/7/2025, 1 session**  
**Tuesday: 5:30 PM - 8:00 PM**  
**at RHS, Rm. 123**  
**Instructor: Theresa Martens**  
**\$35**



## CRAFT/DIY



### SOY CANDLE MAKING 101

Join us for a one-night, hands-on workshop where you'll create two beautiful, clean-burning soy candles, each with over 25 hours of burn time! Dive into the world of candle making as you explore over 150 scents and learn essential techniques, including wax coloring, scent-to-wax ratios, and various vessel options. Personalize your candles with labels and decorative supplies provided during the session. Materials Fee: A \$25 supply fee (payable to the instructor on the first night by cash or money order) covers all materials, including soy wax, glass mason jars with lids, scent, wicks, wick stickers, and the use of pitchers and other tools. Please note that personal checks are not accepted. Unleash your creativity and take home two unique candles, custom-made by you, in just a few hours!

**10/1/2025, 1 Session**  
**Wednesday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 118**  
**A \$25 supply fee (payable to the instructor on the first night by cash or money order)**  
**Instructor: Laurie-Lynne Zlotowski**  
**\$30**

### NEW! EXFOLIATING SUGAR BODY SCRUBS!

Wash away winter skin and never need to buy an exfoliating scrub again. Coconut oil, sugar and many different botanicals, essential oils and more will be combined to make two (2) different body scrubs in this one-night workshop. The recipes are endless! Instruction sheet, jars, all ingredients, labels and decorative supplies provided for \$20 per person supply fee.

**10/13/25, 1 session**  
**Monday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 118**  
**Instructor: Laurie-Lynne Zlotowski**  
**\$30**

## DANCE

### LINE DANCING FOR ABSOLUTE BEGINNERS

Discover the joy of line dancing with our beginner-friendly classes! You'll learn the essential steps and patterns that form the foundation of line dancing, all while having a great time. Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin, R&B, and country. Designed specifically for beginners, the class offers introductory level dances. Please wear comfortable closed-back shoes—no boots or shoes that will mark the floor. For safety reasons, open-back shoes or sandals are not allowed. Bring a water bottle, and it's a good idea to dress in layers since it warms up fast once you start dancing. If you have a bit more line dance experience, please see our other offering, "Line Dance for Experienced Beginners." Join us on this delightful dance journey! This class is eligible for a senior or military discount.

**9/22/2025 – 11/24/2025, 10 sessions**  
**Mondays: 5:45 PM – 6:45 PM**  
**at VCMS, Cafeteria**  
**Instructors: Sarah Preston Britto,**  
**Amanda DeLisle**  
**\$65**



## LINE DANCING FOR EXPERIENCED BEGINNERS

Explore our Experienced Line Dancing Class, a welcoming space where participants in their 2nd or 3rd session, as well as seasoned dancers with extensive experience, gather to embrace the class's rhythm and immerse themselves in intricate dance routines. We combine both familiar and new steps and patterns to elevate your skills, ensuring an interactive and enjoyable learning experience.

This class requires knowledge and the ability to execute basic steps and patterns such as: Grapevine, Jazz Box, Pivot/Push Turn, Triple Step/Shuffle, K Step, Rocking Chair, Mambo Step, Coaster Step, Rock/Recover and Rumba Box.

Our music playlist is a delightful fusion, featuring not only country but also pop, big band, oldies, Latin, and R&B tunes, designed to keep you energized and engaged throughout the session. For your utmost comfort, please wear closed-back shoes—no boots or floor-marking shoes are permitted, and for safety reasons, open-back shoes or sandals are not allowed. Don't forget to bring your water bottle, and we recommend dressing in layers, as the room quickly warms up once the dancing commences. If you're new to line dancing, consider joining our "Line Dancing for Absolute Beginners" class to start your dance journey with us! This class is eligible for a military or senior discount.

**9/22/2025 – 11/24/2025, 10 sessions**  
**Mondays: 6:45 PM – 8:15 PM**  
**at VCMS, Cafeteria**  
**Instructors: Sarah Preston Britto, Amanda DeLisle**  
**\$80**

## ENRICHMENT & PERSONAL DEVELOPMENT

### BOATING, PWC & HOW TO OBTAIN YOUR BOATING LICENSE

Boat America offers a comprehensive boating safety course aimed at obtaining a CT boating certificate. Taught by certified U.S. Coast Guard Auxiliary instructors, the course equips participants with essential knowledge for safe boating. Upon completion and acquisition of the state certificate, attendees gain the ability to operate Personal Water Crafts (PWCs) and boats up to 65 feet. Additionally, some insurance providers extend discounts to graduates of this course. Senior citizens and first responders are eligible for a \$10 discount on registration; however, to avail of this offer, registration must be completed via phone.

Please note: Students must attend all 5 classes to pass the course.

**9/30/2025 to 10/28/2025, 5 sessions**  
**Tuesdays: 6:15 PM - 8:30 PM**  
**at RHS, Rm. 164**  
**Instructors: David Marriott, Eileen Christensen, Neil Shilansky**  
**\$50**

### DEVELOPING YOUR INTUITION - LEVEL 1

Embark on a transformative journey where participants delve into the depths of innate psychic intuition and perception, transcending conventional senses such as sight, hearing, touch, taste, or intuition to tap into higher realms of awareness. Everyone is psychic to some degree; this course will take you on your personal journey. Through engaging lectures, group discussions, and experiential exercises, students will unlock hidden potentials, developing practical skills to navigate the world with heightened clarity and personal empowerment. From understanding the conventional senses to honing intuitive faculties, this course offers something for everyone, whether beginners or seasoned practitioners. Participants will receive a comprehensive course workbook designed for both in-class and at-home use. The workbook covers various topics, including psychic terminology, runes, pendulums, self-care techniques, psychic protection, understanding the energetic

body, enhancing intuition, and connecting with higher realms. The registration cost includes a \$15.00 materials fee for the course materials.

**9/17/2025 -10/15/2025, 5 sessions**  
**Wednesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 128**  
**Instructors: Lisa Huppert, Rev. Heather DeLusso**  
**\$80**

### DEVELOPING YOUR ANIMAL INTUITION

In this course, you will learn to understand and communicate with animals on a mind, body, and soul level. You will learn how to communicate intuitively with animals, by learning and understanding the needs, wants, desires, and messages of all animals not just your own. Are you looking for an all-encompassing way to learn animal communication? In this fun interactive, inspiring class you can. You will receive a course workbook that will be used in class and at home, along with exercises to practice when home. Registration cost includes \$8 course materials fee.

**10/22/25 – 11/19/2025, 5 sessions**  
**Wednesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 128**  
**\$65**

### 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 need to purchase a Rider-Waite Tarot Deck (available on Amazon or a book store.) This is the tarot deck we will be using to teach this class. The registration costs include an \$8.00 materials fee for the course materials.

**10/21/25 – 11/25/2025, 6 sessions**  
**Tuesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 128**  
**\$73**

**Please Note: Class will not be held on November 4, 2025.**





## GOLF FOR WOMEN 101

Have you ever thought about picking up a club? Whether it is for the first time or the first time in a long time you can make golf your sport for a lifetime! Golf For Women 101 is designed to teach you in five 75 minute classes everything you'll need to know to step onto a golf course and play with confidence. Lessons will conclude with an on-course activity taught by trained PGA/LPGA golf professionals who will make sure you have fun each step of the way.

This is a five week course. The sixth week that is listed is saved in case Lyman is forced to cancel due to inclement weather in the first five weeks.

- Five consecutive 75 minute classes
- This class was created for students who have no past golf experience
- Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette
- A workbook/reference guide will be provided electronically
- Golf clubs are not needed; clubs/sets will be recommended
- Lyman coupons handed out (10% off merchandise, 25% off apparel, 2 small range baskets and an Apple 9 round)

If any sessions are missed as a result of the student cancelling, a Practice w/ the Pro credit (PWP) can be issued by your instructor by request. The Practice with the Pro (PWP) credit will be added to the student's account and do expire. PWPs are 1-hour clinics with a 10 to 1 ratio that will be run in the spring, summer, and fall by all instructors at the Golf Center. There are four main topics: full swing, pitching/sand, chipping, & putting.

**Please choose from the various 5 block sessions that work best for you!**

**9/2/2025 to 9/30/2025, 5 sessions**  
**Tuesdays: 11:30 AM – 12:45 PM**

**9/2/2025 to 9/30/2025, 5 sessions**  
**Tuesdays: 5:15 PM – 6:30 PM**

**9/3/2025 to 10/1/2025, 5 sessions**  
**Wednesdays: 10:00 AM – 11:15 AM**

**9/3/2025 to 10/1/2025, 5 sessions**  
**Wednesdays: 5:15 PM – 6:30 PM**

**9/4/2025 to 10/2/2025, 5 sessions**  
**Thursdays: 10:00 AM – 11:15 AM**

**9/4/2025 to 10/2/2025, 5 sessions**  
**Thursdays: 5:15 PM – 6:30 PM**

**9/5/2025 to 10/3/2025, 5 sessions**  
**Fridays: 5:15 PM – 6:30 PM**

**9/8/2025 to 10/6/2025, 5 sessions**  
**Mondays: 11:30 AM – 12:45 PM**

**9/8/2025 to 10/06/2025, 5 sessions**  
**Mondays: 5:15 PM – 6:30 PM**

**9/12/2025 to 10/10/25, 5 sessions**  
**Fridays: 10:00 AM – 11:15 AM**

**Instructor: Lyman Orchards Golf Staff**  
**\$170**

**Please note: Classes are held at Lyman Orchards Golf Center, 700 Main Street, Middlefield, CT 06455**

## MEN'S GOLF 101

This program is designed for the new male golfer or for golfers who have never played or have not played in a number of years. In five 75 minute sessions, our coaches will cover everything you need to know to play your first round of golf.

Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette.

Our coaches will also discuss what you will need for golf, therefore it is recommended that you do not go out and buy clubs until you have started this class.

You will be given a static club fitting which will allow the coach to make a recommendation as to which clubs to buy.

Lessons will conclude with an on-course session to introduce the various areas of the golf course to complete this introductory class.

Lyman coupons handed out (10% off merchandise, 25% off apparel, 2 small range baskets and an Apple 9 round)

NOTE: This is a five week course. Six weeks are listed as that sixth week is saved in case Lyman is forced to cancel due to inclement weather in the first five weeks. If any sessions are missed as a result of the student cancelling, a Practice w/ the Pro credit (PWP) can be issued by your instructor by request.

**9/3/2025 – 10/1/2025, 5 Sessions**  
**Wednesdays: 10:00 AM – 11:15 AM**

**9/12/2025- 10/10/2025, 5 Sessions**  
**Fridays: 10:00 AM – 11:15 AM**

**Instructor: Lyman Orchards Golf Staff**  
**\$170**

**Please note: Classes are held at Lyman Orchards Golf Center, 700 Main Street, Middlefield, CT 06455**

# EXERCISE & PHYSICAL FITNESS

## CORE AND CARDIO SCULPT

Ready to shed those extra pounds and feel more energized than ever? Join us for Core and Cardio Sculpt, the ultimate fat-burning and energy-boosting class! This session combines heart-pumping cardio exercises with targeted core workouts, sculpting your abs and improving coordination and muscle endurance. You'll use a variety of equipment, including weights and props, to enhance strength and balance, leaving you feeling stronger and more confident. No experience required; we'll provide modifications for all fitness levels. Get ready to crush your weight loss goals and unleash your full potential, so you can confidently rock your holiday look! Enrollment in this class is limited to twelve (12) students.

**9/16/2025 – 11/18/2025, 8 sessions**  
**Tuesdays: 5:30 PM to 6:30 PM**

**at RHS, Wrestling Room**  
**Instructor: Marlene Navarro Michaud**  
**\$70**

**Please note: Class will not be held on September 23, and November 4, 2025**

**9/15/2025 – 11/3/2025, 8 sessions**  
**Mondays: 7:00 PM – 8:00 PM**

**At RHS, Large Cafeteria**  
**Instructor: Marlene Navarro Michaud**  
**\$70**





## PILATES CORE

Are you interested in achieving a strong core and toned stomach? This class is designed to assist you in reaching your fitness goals! Pilates Core is the perfect choice for individuals seeking to enhance their core strength. The class specifically targets the muscles in the abdomen, lower back, and hips, commonly referred to as the 'powerhouse,' which is crucial for stability. Pilates Core incorporates a variety of props, light hand weights, and contemporary movements, offering a modified version of the Pilates Mat Workout. By participating in this class, you can develop a sturdy inner core while shaping long, slender muscles. Suitable for individuals of all fitness levels, the class offers modifications for those who require them. All you need to bring is a mat, some water, and 1 or 2 lb. weights. Feel free to wear comfortable attire such as sweats and a t-shirt. It's important for students enrolling in this beginner-level class to be physically capable of performing the taught postures. Please note that class enrollment is limited to twelve (12) students.

**9/15/2025-11/17/2025, 10 sessions**  
**Mondays: 6:00 PM – 7:00 PM**  
**at RHS, Large Cafeteria**  
**Instructor: Marlene Navarro Michaud**  
**\$90**

**9/16/2025-12/2/2025, 10 sessions**  
**Tuesdays: 6:30 PM to 7:30 PM,**  
**at RHS Wrestling Room**  
**Instructor: Marlene Navarro Michaud**  
**\$90**

*Please Note: Class will not be held on September 23 and November 4, 2025*

## (ONLINE) QUICK FAT BURN: Fitness Class for Busy Lives

(This is a Thursday online class)

In today's hectic world, finding time for fitness can feel impossible. But it's not! "Quick Fat Burn: Fitness for Busy Lives" is tailored for those with packed schedules. This course delivers science-backed strategies and practical techniques to optimize fat burning within your busy life. Zoom Link will be sent 30 minutes prior to each class.

**10/9/2025 – 11/20/2025, 7 sessions**  
**Thursdays: 6:00 PM – 7:00 PM Online**  
**Instructor: Marlene Navarro Michaud**  
**\$70**

## (ONLINE) ZUMBA AND Z-TONE

Zumba & Z-Tone ONLINE sessions are set to upbeat music and feature choreographed dance numbers that you might find in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba and Z-Tone class. The classes emphasize moving to the music and having a good time, with no rhythm required. This is a great way to lose extra pounds and have fun. Zumba and Z-Tone classes can be modified to meet your needs. Enrollment will be limited to twelve (12) students. Being on camera is optional. Zoom Link will be sent 30 minutes prior to each class.

**9/17/2025-10/29/2025, 7 sessions**  
**Wednesdays: 6:00 PM – 7:00 PM Online**  
**Instructor: Marlene Navarro Michaud**  
**\$70**

## EXPLORING LANGUAGES

### AMERICAN SIGN LANGUAGE (ASL) I

Embark on a full immersion, voice-off journey into American Sign Language (ASL) with our beginner-level class. Suitable for all, including hearing, hard of hearing, or Deaf individuals, this course is designed to enhance ASL skills through group exercises, games, and dialogues. Explore vocabulary, expressive and receptive signing, language structure, and Deaf culture insights beyond textbooks. Handouts and supplementary resources are available to support learning, with the option of a coursebook. By course end, participants will confidently engage in ASL conversations with fluent signers. Join us for a transformative experience in ASL communication!

**9/17/2025-11/19/2025, 10 sessions**  
**Wednesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 129**  
**Instructor: Jennifer Stanley**  
**\$100**



## 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. This course is 10 weeks and will cover units #9-16 of the textbook.

Purchase of the textbook is optional. A PDF of the chapters covered will be available. Textbook: Learning American Sign Language: Levels I & II – Beginning and Intermediate (2nd edition) by Tom Humphries and Carol Padden.

**9/16/2025-12/2/2025, 10 sessions**  
**Tuesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 129**  
**Instructor: Jennifer Stanley**  
**\$100**

*Please Note: Class will not be held on September 23 and November 4, 2025*

## (ONLINE) SPANISH I

This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some basic Spanish phrases, greetings, etc. Perhaps you are planning a trip to a country where Spanish is the primary language, or maybe some knowledge of Spanish would be helpful at your present job or in searching for a new job. No previous educational experience with Spanish is necessary for this class. Enrollment in this class is limited to fifteen (15) students. There are no discounts available on 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 from the VRABE office in the weeks prior to the first class. Please call 860-870-6060 to arrange a time to pick up the materials.

**9/15/2025-11/3/2025, 8 sessions**  
**Mondays: 6:00 PM - 7:00 PM Online**  
**Instructor: Nora Mijares Alpers-Leon**  
**\$65**



# VRABE REGIONAL ADULT BASED EDUCATION

## FREE PROGRAMS - PAGES 11-14

### 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 VRABE 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	GRISWOLD
BOLTON	MANSFIELD
COLCHESTER	SOUTH WINDSOR
COVENTRY	TOLLAND
EAST WINDSOR	VERNON
ELLINGTON	WETHERSFIELD
GLASTONBURY	WILLINGTON

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

### PROGRAMS

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

- enhance skills to improve employability
- earn a high school diploma
- develop 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](http://www.vrabe.com).

### GED, CDP, NEDP & ESL ORIENTATION & REGISTRATION

(see Page 22 for more information about Orientation)

**ORIENTATION is required for all High School Completion options and ESL**

- 1) Register for an Orientation online at [www.vrabe.com](http://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), National External Diploma Program (NEDP) and English as a Second Language(ESL).



## 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. 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](http://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

## Volunteer with VRABE!

**Passionate about learning and teaching?**  
Help adult education teachers!  
Morning, afternoon, evening, in-person,  
and virtual options available!

Email [Cortney.Gerlach@vernonct.org](mailto:Cortney.Gerlach@vernonct.org)

*\*Background screening required.*



## FREE CHILDCARE

**for Adult Education students  
enrolled in Family Learning  
GED or ESL classes**

**Complete your high school  
diploma  
or improve English (ESL)**

**See page 14  
860-870-6060  
[www.vrabe.com](http://www.vrabe.com)**

## REGISTRATION PROCEDURE FOR THE GED® COMPUTER-BASED TEST:

- Test-takers can register online by visiting [www.GED.com](http://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](http://www.vrabe.com)**

**CALL US: 860-870-6060**

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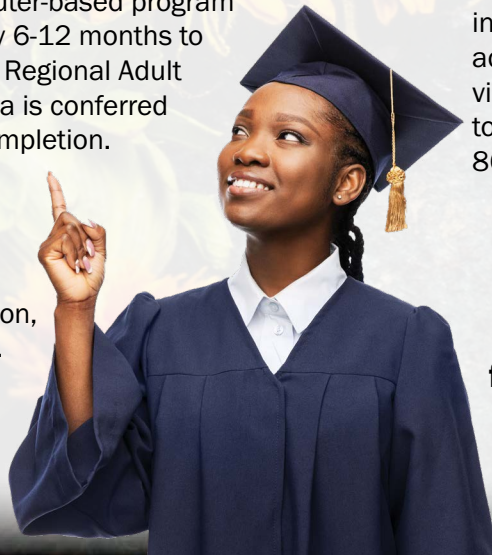
## HIGH SCHOOL CREDIT DIPLOMA (CDP)

The Credit Diploma Program (CDP) offers students an opportunity to fulfill the State of Connecticut requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of participating school districts and the needs of the students (with some distance learning options). 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 - Mansfield, Griswold High School - Griswold, and Rockville High School - Vernon. 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. Students must be able to read and converse in English well enough to pass an appraisal test, administered prior to start date. Daytime or evening virtual classes are available to residents in our 14 town region. For additional information, call 860-870-6060.

Find us on 



[facebook.com/VernonAdultContinuingEd](https://facebook.com/VernonAdultContinuingEd)





## 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.

**Glastonbury –  
Lutheran Church of St. Mark (ESL/GED)**

Tuesdays: 11:00 a.m - 2:45 p.m.

Wednesdays: 12:00 - 2:00 p.m. (virtual)

Thursdays: 11:00 a.m. - 2:00 p.m.

*Childcare provided by VRABE*

Find us on 



**facebook.com/VernonAdultContinuingEd**

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

### ADULT EDUCATION HIGH SCHOOL COMPLETION (CDP, GED, NEDP) AND ESL START DATE FOR CLASSES IS SEPTEMBER 8, 2025

(SEE PAGE 22 FOR ORIENTATION  
INFORMATION).

Or visit us online at **[www.vrabe.com](http://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







## FABRIC ARTS

### CREATIVE SEWING

Come join our 8-week class for a delightful evening of sewing and camaraderie. Everyone is encouraged to participate, regardless of their sewing experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be tailored to your skill level and interests. Please bring your own sewing machine in GOOD WORKING CONDITION, along with its owner's manual if available. Don't forget bobbins and thread! A basic list of sewing tools will be shared before the first class. Since this class is customized according to your experience, we will decide on sewing projects on the first night, and additional supply lists will be provided based on these projects. This class is limited to 15 people.

**9/16/2025 to 11/18/2025, 8 Sessions**  
**Tuesdays: 5:45 PM – 8:15 PM**  
**at RHS, Rm. 135**  
**Instructor: Michelle Veilleux**  
**\$70**

*Please note: Class will not be held on Tuesday September 23 and November 4, 2025.*

### CREATIVE CROCHET 101 WORKSHOP

In this crochet workshop, students will have a brief review of the crochet 101 basic skills learned in the classroom. A crochet project pattern will be handed-out on the first night of workshop class to each student and will be discussed in class. The crochet project pattern will present with a fall theme and will be started as a group project on the 2nd week of the workshop.

One-on-one help will be offered for questions relating to Crochet 101 & 102 students. Crocheters will be taught a few specialty stitch patterns by making swatches and learn inspiring ways to create unique crochet edgings. Personal projects shared in class or if help is needed are welcomed.

**9/24/2025 to 10/29/2025, 6 sessions**  
**Wednesdays: 6:00 PM - 8:00 PM**  
**at RHS, Conf. Rm. 2**  
**Instructor: Diane Snarski**  
**\$75**

## CROCHET 101: The Basics

This class is designed for anyone interested in learning or reviewing the basic techniques of crochet to enhance their creative abilities. Throughout the course, participants will cover the following topics:

1. The proper way to hold the crochet hook and understand its important parts.
2. Correct technique for holding the yarn and interpreting information on yarn skein labels.
3. Mastery of the six (6) basic crochet stitches and the significance of the foundation row.
4. Understanding 'turning chains' and their role in crochet.
5. Working in rows with basic stitches, including how to start and finish rows.
6. Recognition of basic stitches, correct hook placement, and counting of stitches and rows.
7. Familiarization with crochet terminology and abbreviations.
8. Reading level-1 and level-2 crochet patterns.
9. Adding new yarn and changing yarn color in a crochet piece.

Students will also delve into advanced topics, including reading crochet patterns, shaping in crochet, and working in rounds. Class size is limited to ten (10) students. Please bring to class: one size K crochet hook, one solid medium color worsted weight Red Heart Yarn or Caron Yarn-#4 (avoid dark or too light color yarns as you need to be able to see your basic stitches), small scissors, a tapestry plastic yarn needle with a large eye, a tape measure or ruler, and crochet plastic markers.

**9/30/2025 to 11/25/2025, 8 sessions**  
**Tuesdays: 6:00 PM - 8:00 PM**  
**at RHS, Conf. Rm. 2**  
**Instructor: Diane Snarski**  
**\$85**

*Please note: Class will not be held on November 4, 2025.*



# FINANCIAL PLANNING

## DIVIDEND INVESTING: How to Build a Dividend Snowball

Dividend Investing is a powerful strategy for creating passive income and growing your wealth over time. By consistently reinvesting your dividend income into additional dividend-paying companies, you will create a "dividend snowball" that will compound and grow your portfolio over time. In this class, you will learn:

- How to dividends work
- How to identify high-quality companies with a long track record of paying dividends
- How to evaluate the quality of the dividend
- How to build a diversified dividend portfolio

**10/14/2025, 1 Session**  
**Tuesday: 6:30 PM – 8:30 PM**  
**at RHS, Rm. 159**  
**Instructor: Brian Flynn**  
**\$25**

## HOW ESTATE PLANNING AND ASSET PROTECTION CAN WORK TOGETHER TO SECURE YOUR NEST EGG

Planning for the future can seem overwhelming...and maybe a bit scary. That's why so many people put it off. But an estate plan is something that every adult should have - especially because we know that life can throw a curve ball at any age. This is why it's never too early to legally document your wishes and form a game plan for protecting your financial future.

In this session, Certified Elder Law Attorney Brendan Daly will discuss important estate and asset protection planning documents, such as Wills, Living Trusts, Powers of Attorney and Health Care Directives. He'll also share strategies to protect your assets should an unforeseen crisis occur in your family. You'll gain an understanding of how the Medicaid rules work and the pitfalls to avoid. Brendan will explain different planning techniques that can protect your life savings from the costs of long-term care. All students will receive an easy-to-understand guidebook written by our attorneys.

**10/20/2025, 1 Session**  
**Monday: 6:00 PM - 7:30 PM**  
**at RHS, Rm. 155**  
**Instructor: Attorney Brendan Daly**  
**\$15**

## NEW! MEDICARE 101

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

**9/24/2025, 1 session**  
**Wednesday: 6:00 PM - 7:30 PM**  
**at RHS, Rm. 160**  
**Instructor: Sam Moser**  
**\$20**



## (ONLINE) PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE...DO YOU KNOW WHICH STRATEGY IS BEST FOR YOU?

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and coordinate your Social Security with 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. This class will be a LIVE online session held via StartMeeting. You will receive instructions on how to log in one week prior to the class.

**Choose from three dates for this 1-session course:**

**9/15/2025, Monday, 6:30 PM – 8:00 PM**  
**Online, Instructors: Albert D'Agosto,**  
**Charles Yannich, \$20**

**10/7/2025, Tuesday, 6:30 PM – 8:00**  
**PM Online, Instructors: Albert D'Agosto,**  
**Charles Yannich, \$20**

**11/12/2025, Wednesday, 6:30 PM - 8:00**  
**PM Online, Instructors: Albert D'Agosto,**  
**Charles Yannich, \$20**



## WHAT IS A TRUST AND DO I NEED ONE?

What is a trust, and how can it benefit you? In this program, Attorney Brendan Daly will explain how the different trusts work and clarify when using a trust may, or may not, be appropriate. He will also discuss the benefits of trusts including how they can be used to minimize or avoid taxes, safeguard assets from potential ex-spouses and creditors, preserve public benefits for loved ones, support beneficiaries with a disability or special needs, and if you can actually avoid probate.

Whether you're new to trusts or have some understanding of them, our goal is to ensure you leave with a comprehensive understanding of how these valuable planning tools can work to your advantage. Following the class, every participant will receive an informational booklet about trusts crafted by our estate planning and elder law firm.

**11/3/2025, 1 Session**  
**Monday: 6:00 PM – 7:00 PM**  
**at RHS, Rm. 155**  
**Instructor: Attorney Brenden Daly**  
**\$15**



## FLORAL DESIGN

### BEGINNING FLORAL DESIGN

If you're just starting with floral design, this course is for you! You'll learn the basics of working with fresh flowers, including how to take care of them and create beautiful arrangements. Care and handling of fresh materials and the principles of good design will be discussed. There will be a lab fee of \$120 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.

**9/17/2025 - 10/29/2025, 7 sessions**

**Wednesday: 6:30 PM - 8:30 PM**

**at RHS, ASTE Bldg. Rm. 2**

**Instructor: Cindy Gorsky**

**\$60**



### INTERMEDIATE FLORAL DESIGN

If you're already familiar with floral design, this advanced class is designed to elevate your expertise. You'll engage in crafting more intricate designs using fresh flowers. There will be a lab fee of \$120 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.

**9/15/2025 - 10/27/2025, 7 sessions**

**Monday: 6:30 PM - 8:30 PM**

**at RHS, ASTE Bldg. Rm. 2**

**Instructor: Cindy Gorsky**

**\$60**

**9/30/2025 - 11/18/2025, 7 sessions**

**Tuesday: 6:30 PM - 8:30 PM**

**At RHS, ASTE Bldg. Rm 2**

**Instructor: Cindy Gorsky**

**\$60.00**

*Please Note: Class will not be held November 4, 2025*

## HEALTH IN BODY & MIND

### BEGINNER YOGA

Embark on your yoga journey with us! Yoga welcomes everyone, regardless of background, fitness level, body shape, or age. Its numerous health benefits and stress reduction techniques are accessible to all, whether you're a beginner or seasoned practitioner. Join us as we focus on classic yoga postures, breathing techniques, and deep guided relaxation. All you need is a yoga mat, some water, and a smile. Feel free to wear whatever makes you comfortable, whether it's sweats, a t-shirt, or anything else. In this class, we'll explore foundational yoga poses, breaking them down step by step. You can customize the poses to suit your body and experience level. Whether a posture is new, familiar, or something you're working toward, the key is to be gentle with yourself, honor your body, have fun, and experience the positive impact of yoga and stress relief. Students should be physically capable of performing beginner-level postures. Class size is limited to twenty (20) students.

**9/15/2025 to 11/3/2025, 8 sessions**

**Mondays: 6:30 PM - 7:45 PM**

**at RHS, Wrestling Rm.**

**Instructor: Cynthia Barlow**

**\$70**

### 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. Registration cost includes a \$5.00 materials fee. Enrollment in this class is limited to ten (10) students.

**9/16/2025 - 10/14/2025, 4 sessions**

**Tuesdays: 6:00 PM - 8:00 PM**

**at RHS, Rm. 128**

**Instructor: Lisa Huppert, Rev. Heather DeLusso**

**\$105**

*Please Note: Class will not be held September 23, 2025.*

## HOME IMPROVEMENT

### BATHROOM REMODELS

Explore the many options of bathroom remodeling in our informative class. Despite their size, bathrooms offer numerous options. Join us to learn about different styles, cabinets, and bath fixtures, and gain insight into basic space planning and industry trends. Let our guidance assist you in creating a comfortable space. Join our class and discover the possibilities to transform your bathroom into a personal oasis. Whether you're looking to update a small powder room or overhaul a master bath, we'll provide you with the knowledge and inspiration to make your vision a reality. From choosing the perfect tiles to maximizing storage solutions, we'll cover all aspects of bathroom renovation to help you achieve a functional and stylish space. Join us and embark on the journey to create the bathroom of your dreams.

**10/29/2025, 1 session**

**Wednesday: 6:00 PM - 8:00 PM**

**at RHS, Rm. 164**

**Instructor: Neil Betts**

**\$20**



### INTERIOR DESIGN BASIC TIPS AND TRICKS

Are you considering aesthetic updates for your home or looking to transform specific spaces but feeling unsure where to start? Join expert Neil Betts in this hands-on workshop to explore essential tips and tricks that will help bring your design ideas to life. Learn how to assess your space, choose colors and materials, and discover creative solutions for any room. Walk away with the confidence and insight needed to tackle your projects—big or small—and create a cohesive, personalized look for your home.

**11/12/2025, 1 session**

**Wednesday: 6:00 PM - 8:00 PM**

**at RHS, Rm. 164**

**Instructor: Neil Betts**

**\$20**



## KITCHEN REMODELS

Feeling overwhelmed and not sure where to start with your kitchen renovation? Enroll in our workshop and discover how to pick the right styles, cabinetry, and kitchen accessories. Dive into essential space planning concepts and stay in the loop about the latest industry trends. Let's kick-start your kitchen remodel journey with knowledge and assurance!

**10/22/2025, 1 session**  
**Wednesday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 164**  
**Instructor: Neil Betts**  
**\$20**

## LET'S GET ORGANIZED

Join us in exploring practical ways to maximize storage in your home. Learn about affordable or customized storage solutions that can help you declutter, organize your life, and use your space more effectively. In this course, we'll delve into strategies for optimizing storage in every room, from clever closet solutions to innovative kitchen organization ideas. Whether you're dealing with limited space or simply looking to streamline your belongings, you'll leave with practical tips and inspiration to create a more organized and functional living environment. Join us and take the first step towards a clutter-free, stress-free lifestyle.

**11/19/2025, 1 session**  
**Wednesday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 164**  
**Instructor: Neil Betts**  
**\$20**

## NEW! NO-SEW HOME ACCESSORIES WORKSHOP

Transform your living space with creativity and style in our No-Sew Home Accessories Workshop! This class is ideal for anyone interested in DIY home decor, including beginners looking to explore their artistic side or some experienced crafters seeking new techniques without the need for a sewing machine.

In this engaging workshop, you will learn how to create a variety of beautiful and functional home accessories using simple materials and techniques. Projects may include decorative pillow, wall hanging, table runner and simple window treatment and more, all designed to add a personal touch to your space.

Join us for a fun-filled session of creativity and inspiration, and leave with motivation and home accessory knowledge that will brighten up your home!

**11/5/2025, 1 session**  
**Wednesday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 164**  
**Instructor: Neil Betts**  
**\$20**

## (ONLINE) VERNON REPLACEMENT WINDOW WORKSHOP

Attend our Window Replacement Workshop and explore product options and pricing. Discover the proper window installation process from the comfort of your home! Are you looking to cut down on heating and air conditioning expenses and tap into available incentive programs, but feeling unsure where to begin? With options like Low-E, Argon, Triple Pane, Wood, Vinyl, and Composite windows, determining the right price for high-quality windows can be perplexing. Don't worry – gain clarity by learning from a seasoned Master Carpenter. This workshop is essential for anyone considering window replacements, whether hiring professionals or tackling the project themselves.

**9/30/2025, 1 session**  
**Tuesday: 7:00 PM - 9:00 PM Online**  
**Instructor: Paul O'Doherty**  
**\$25**

## JEWELRY MAKING

### BEADING 101

Join our class for evenings filled with creativity, relaxation, and enjoyment. Discover the art of crafting jewelry tailored to your style, enhancing your wardrobe, and reflecting your personality. Whether you're a beginner or experienced, this class caters to all bead jewelry enthusiasts. If you've attended before, we welcome you back!

Learn the intricacies of making earrings, bracelets, and necklaces using a variety of beads such as glass, plastic, metal, and semi-precious stones. Each session focuses on creating a different piece, ranging from simple to more complex designs. You can craft as many items as time permits. The instructor provides all necessary tools and offers supplies for purchase, enabling you to craft your ideal pieces. The cost for supplies typically ranges from \$2 to \$15, depending on the chosen materials for each project. Payment for supplies is made directly to the instructor. Each week, you can fashion something unique for yourself or as a thoughtful gift. This class is eligible for a qualifying senior/military discount. Register now and unlock your creative potential!

**9/15/2025 to 11/11/2025, 8 sessions**  
**Tuesdays: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 117**  
**Instructor: Sandy Merrill**  
**\$65**

*Please Note: Class will not be held on Tuesday, September 23 and November 4, 2025.*

## NEW! POLYMER CLAY WORKSHOP!

Great for beginners and intermediate. Handcraft a clay bottle opener or wine bottle stopper and necklace in one evening! You may choose your colors; supply fee is \$22 per person. Choose a stainless stopper or opener and everyone will also make a necklace.

**9/22/2025, 1 Session**  
**Monday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 155**  
**Instructor: Laurie-Lynne Zlotowski**  
**\$30**



## WIRE WRAPPED SEA GLASS 101

Discover the art of wire-wrapping sea glass in this beginner-friendly workshop, using allergen-free wires to create two unique pendant necklaces. For a \$20 supply fee, you'll have access to a great selection of sea glass, colorful wires, necklace cords, and the necessary tools. Learn both single and double wire-wrapping techniques, and leave with the skills to wrap any treasures you find on the beach, from shells to stones!

**9/17/2025, 1 Session**  
**Wednesday: 6:00 PM - 8:00 PM**  
**at RHS, Rm. 155**  
**Instructor: Laurie-Lynne Zlotowski**  
**\$30**



## PERFORMING ARTS

### 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 required to become successful guitarists. 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 the ability to download and use apps. There are no discounts available for this class. This class is for adults 18 years old and older.

**9/16/2025 to 11/18/2025, 8 sessions**  
**Tuesdays: 6:00 PM – 8:00 PM**  
**at RHS, Rm. 173**  
**Instructor: Jesse Puniello**  
**\$125**

*Please Note: Class will not be held on Tuesday, September 23rd and November 4th, 2025.*

### (ONLINE) INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

**11/15/2025, 1 session**  
**Saturday: 1:00 PM – 3:30 PM Online**  
**Instructor: Craig Coffman**  
**\$64**



### (ONLINE) INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture demonstration. For ages 13+.

**11/15/2025, 1 session**  
**Saturday: 9:00 AM – 12:00 PM Online**  
**Instructor: Craig Coffman**  
**\$64**

### NEW! (ONLINE) HOW TO PLAY PIANO BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

**11/22/2025, 1 session**  
**Saturday: 11:00 AM – 1:30 PM**  
**Instructor: Craig Coffman**  
**\$64**

### (ONLINE) VOICE-OVERS... NOW IS YOUR TIME!

Discover Voice-Over: Learn how to make money voicing commercials, audiobooks, animations and more! Learn how to make money voicing commercials, audiobooks, animations and more!

**10/1/2025 to 10/8/2025, 2 sessions**  
**Wednesday: 6:30 PM – 8:30 PM**

**12/03/2025 to 12/10/2025 2 sessions**  
**Wednesday: 6:30 PM – 8:30 PM**

**Instructor: Will Kamp of Such A Voice**  
**\$30**

## PHOTOGRAPHY

### 35 MM DIGITAL PHOTOGRAPHY

Unlock the full potential of your digital camera with our comprehensive class. Move beyond auto mode and gain mastery over aperture, shutter speed, ISO, and more. Explore hand-holding techniques, focus mastery, and lens selection. Delve into image backup, cataloging, and basic digital editing. We'll demystify your camera's controls, provide constructive critiques, and offer hands-on practice. Bring your camera, instruction booklet, and saved JPG photos on a flash drive. No non-automatic modes? No problem, you're still welcome! A \$5.00 material fee applies directly to the instructor. Limited to fifteen (15) students. Stay updated for possible optional on-location shoots.

**9/29/2025 to 10/20/2025, 3 sessions**  
**Mondays: 5:30 PM – 8:30 PM**  
**at RHS, Rm. 163**  
**Instructor: Peter Glass**  
**\$90**

### NEW! TAKE GREAT PHOTOS WITH YOUR SMARTPHONE

Discover the rapid advancements in smartphone camera technology, providing SLR-level quality in a compact package. This course is designed for photography enthusiasts seeking to maximize their smartphone's potential. Emphasizing manual and shutter priority modes, participants will gain greater control and improve image quality. Topics include mastering camera controls, understanding photographic theory, installing additional camera apps, capturing stunning shots, selecting useful accessories, and refining composition skills. Through hands-on engagement and constructive feedback, students will enhance both technical proficiency and artistic expression. A comprehensive handout will be provided for ongoing reference. Ensure to bring a fully charged phone and accessories, with a \$5.00 material fee payable to the instructor. Stay tuned for updates, including the possibility of an optional on-location shoot for an additional fee.

**10/27/2025 to 11/3/2025, 2 sessions**  
**Mondays: 5:30 PM – 8:30 PM**  
**at RHS, Rm. 163**  
**Instructor: Peter Glass**  
**\$50**



## REAL ESTATE

### WHEN IS THE RIGHT TIME TO SELL?

How to navigate the timing tango. When is it the right time to sell your home? We will help you to put a timeline in place for getting your home ready. Create a to do plan for up to 12 months out from listing your home so you will have the least stress and most success in selling and moving.

**9/30/2025, 1 session**  
**Tuesday 6:30 PM – 8:00 PM**  
**Instructor: The Goff Team, BHHS NE Properties**  
**At RHS, Rm 160**  
**\$20**

### HOW TO HAVE SUCCESS AS A BUYER IN A SELLER'S MARKET

Tips for buying when there is low inventory. How to best navigate the maze of multiple offers and create a strategic plan to get your offer accepted. We will share secrets of what sellers really want!

**10/13/2025, 1 session**  
**Monday 6:30 PM – 8:00 PM**  
**At RHS, Rm 160**  
**Instructor: The Goff Team, BHHS NE Properties**  
**\$20**

### NEW! THINKING OF SELLING AND NOT SURE WHAT TO FIX, REPAIR OR UPGRADE?

This class will cover the great debate to renovate or not? The pluses and minuses of each. Whether to sell as is vs what should I fix to appeal to buyers and get the best return on your investment. Discover the answer to what is the most important thing to do before you list your home.

**10/28/2025, 1 session**  
**Tuesday 6:30 PM – 8:00 PM**  
**At RHS, Rm 160**  
**Instructor: The Goff Team, BHHS NE Properties**  
**\$20**

### WANT TO PURCHASE OR THINKING OF SELLING A UNIQUE HOME?

Possibility a Victorian, a historic house, a log cabin? We will cover what to look for when purchasing or selling a niche market home. How to determine the home's value and how to market your home now or down the road for resale.

**11/10/2025, 1 session**  
**Monday 6:30 PM – 8:00 PM**  
**At RHS, Rm 160**  
**Instructor: The Goff Team, BHHS NE Properties**  
**\$20**

### GET READY FOR THE SPRING MARKET. THINKING OF DOWNSIZING?

Wondering how and when to start? Get the Resources to help you and the professional tips to make the process less overwhelming. We will cover the complete process from cleaning out your house, staging, marketing, selling and moving.

**11/18/2025, 1 session**  
**Tuesday 6:30 PM – 8:00 PM**  
**At RHS, Rm 160**  
**Instructor: The Goff Team, BHHS NE Properties**  
**\$20**

## VRABE CNA PROGRAM

\*MUST BE AN ENROLLED VRABE STUDENT



### SCHEDULE OF CLASSES: TUESDAY & THURSDAY EVENINGS

#### FIRST SEMESTER:

- SEPTEMBER 2025 - JANUARY 2026.
- ONLINE THROUGH ZOOM- 5:30-8:30 P.M.

#### SECOND SEMESTER:

- JANUARY 2026 - MAY 2026.
- TUESDAYS & THURSDAYS IN-PERSON AT CT STATE COMMUNITY COLLEGE, MANCHESTER FROM 5:30-8:30 P.M.



### IN PARTNERSHIP WITH:

CT COMMUNITY COLLEGE,  
MANCHESTER & ELLINGTON  
AMBULANCE CORPS.

### ARE YOU INTERESTED IN WORKING IN THE HEALTH CARE FIELD?



### TO REGISTER: COMPLETE THIS ONLINE REGISTRATION [FORM](#)

#### MUST HAVE:

- SMARTPHONE, COMPUTER, TABLET, OR CHROMEBOOK (AVAILABLE FOR LOAN)
- RELIABLE INTERNET CONNECTION
- STUDENTS MUST BE ABLE TO WORK AND STUDY IN THE UNITED STATES
- STUDENTS MUST BE FULLY VACCINATED AGAINST COVID-19

**\*MUST BE AN ENROLLED VRABE STUDENT**



✉ [Cortney.Gerlach@vernonct.org](mailto:Cortney.Gerlach@vernonct.org)  
☎ 860-870-6060



## CONTINUING ED TEACHING/NEW COURSE PROPOSAL

**Have a great idea for a class you'd like to teach? Fill out the proposal form below!**

(Teaching certification is not required for Continuing Education instructors.)

Thank you for your interest in Vernon Adult & Continuing Education. We offer two sessions per year (Spring and Fall). Class selections are made in April/May for the Fall Catalog and in October/November for the Spring Catalog. For more information about teaching a class, contact our office at (860) 870-6060.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home or Business Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Proposed Course Title: \_\_\_\_\_

Course Objective: \_\_\_\_\_

Course Description: (approx. 50 words)

Number of Sessions (1 to 10 weeks): \_\_\_\_\_

Day of Week (circle):      Monday              Tuesday              Wednesday

Fall Semester (Late Sept – Late November) Start: \_\_\_\_\_

Spring (Late Feb-Late April) Start: \_\_\_\_\_

Start/End Time (between 5:00 PM - 8:00 PM): \_\_\_\_\_

In Person (Rockville High School) or Online: \_\_\_\_\_

Do you need to charge a material fee? Y/N If yes, amount and reason:

List any special equipment or materials if needed:

Do you teach this course in other Adult Ed Programs? Y/N \_\_\_\_\_

If yes, where? \_\_\_\_\_

Paid Instructor\* or Volunteer Instructor? \_\_\_\_\_

\*Paid instructor will need to apply online through Vernon Board of Education Employment Application after proposal is accepted.



## ADULT EDUCATION (High School Completion & ESL) REGISTRATION PROCEDURES

### VRABE Orientation Pre-Registration Form ORIENTATION REGISTRATION

FOR CONNECTICUT RESIDENTS ONLY (living in the 14 town region)  
HIGH SCHOOL COMPLETION CLASSES FOR THE 2025 SCHOOL YEAR.  
CLASSES WILL START THE WEEK OF MARCH 10, 2025.

All NEW students interested in enrolling in VRABE's High School Completion Programs (CDP, GED or NEDP) are REQUIRED to register for and ATTEND the two-part Orientation Sessions. All High School Completion Programs are FREE to residents in the 14 towns served by VRABE. Towns include Ashford, Bolton, Colchester, Coventry, East Windsor, Ellington, Glastonbury, Griswold, Mansfield, South Windsor, Tolland, Vernon, Wethersfield and Willington.



### PROGRAM REQUIREMENTS

**ELIGIBILITY:** The State of Connecticut's minimum age for students to drop out of high school and attend adult education is 17 years old.

#### WHAT DO I NEED TO START:

- (1) **WITHDRAWAL:** Age 17 & 18 ONLY: A letter of withdrawal from your former high school. No out-of-state high school withdrawals will be accepted. NOTE: Out-of-state students must go to their CT town of residence high school to execute a withdrawal from a CT school.
- (2) **IDENTIFICATION:** State or Government issued I.D. (CT driver's license, CT State I.D., Passport, Military I.D.). NOTE: Out-of-state students must provide proof of residency (i.e. lease, utility bill, recent mail to you at CT address).
- (3) **CDP-CREDIT DIPLOMA STUDENTS ONLY:** An "OFFICIAL" transcript is REQUIRED to register for CDP classes.

If you have any questions regarding your registration, please contact VRABE at 860-870-6060 Lila Call Matson or email: [lila.callmatson@vernonct.org](mailto:lila.callmatson@vernonct.org).

### English as a Second Language (ESL)

ESL CLASSES WILL BEGIN THE WEEK OF  
MARCH 10, 2025 AND WILL BE IN-PERSON OR ONLINE.

TO REGISTER: PLEASE COMPLETE THE PRE-REGISTRATION  
FORM USING THE QR CODE BELOW.

IF YOU HAVE QUESTIONS EMAIL [lila.callmatson@vernonct.org](mailto:lila.callmatson@vernonct.org)  
OR CALL 860-870-6060.

#### Registration Process (Step-by-Step Instructions)

- (1) Fill out the Pre-Registration form using the QR code below.
- (2) Watch for an email asking you to complete a Student Information Form (SIF).
- (3) Submit the completed SIF (you will get a confirmation that form was submitted).
- (4) If you are a new student, email a copy of your Official I.D. (passport, license, state or federal ID) to [lila.callmatson@vernonct.org](mailto:lila.callmatson@vernonct.org).
- (5) Watch for an email asking you to schedule a pretest to determine your level of English proficiency.
- (6) Watch for an email confirming class placement.



#### PLEASE NOTE

- Students must be 17 years of age or older.
- Students ages 17 and 18 must have a CONNECTICUT high school withdrawal prior to enrolling in classes.
- Classes are offered free to students in our 14-town region.

For more information, please contact Cortney Gerlach, Regional ESL Coordinator, VRABE Regional Adult Based Education. Email [cortney.gerlach@vernonct.org](mailto:cortney.gerlach@vernonct.org) or call 860-896-4113.

## FOR ADULT STUDENTS TAKING ENRICHMENT CLASSES AT ROCKVILLE HIGH SCHOOL

You must enter Rockville High School through either the main doors facing Loveland Hill Road or the back doors on the A.S.T.E. (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 result in a very long walk to either the front main entrance or the rear entrance. These are the only two entrances you may use.

### DIRECTIONS TO ROCKVILLE HIGH SCHOOL 70 Loveland Hill Road, Vernon, CT 06066

**Traveling East:** Leave Interstate 84 at exits 64-65 and bear left as the ramp divides. When the ramp divides again, bear right to the stoplight, where you will be on Route 83 North. Continue to the 10th stoplight on Route 83 and 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 first 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 and turn right at the end of the exit ramp. Proceed to the stop sign and turn left onto Bolton Road. Continue straight through the stoplight and follow Center Road to the end. Turn left onto Regan Road, and at the first stoplight, turn right onto Route 83 North. At the next 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 first stop sign and turn 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 and turn left at the end of the exit ramp. At the stop sign (blinking light), turn left onto Bolton Road. At the first set of lights, turn 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 and turn right at the end of the exit ramp. Proceed to the stop sign and turn left onto Bolton Road. At the first set of lights, turn right onto Route 30 (Hartford Turnpike). Travel approximately one-half mile, and Vernon Center Middle School will be on the left.





# REGISTRATION FORM

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

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY STATE ZIP CODE

TELEPHONE: CELL HOME

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT NAME RELATIONSHIP PHONE

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!***

To ensure the class runs smoothly, please register early.  
If there aren't enough registrations by the week before the class starts, it may  
be canceled. Avoid disappointment by signing up ahead of time!





# VRABE

REGIONAL ADULT BASED EDUCATION

70 Loveland Hill Road

Vernon, CT 06066

[www.vrabe.com](http://www.vrabe.com)

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## *New Courses This Semester*

- CHARMING FALL & HALLOWEEN CUPCAKE
- EXFOLIATING SUGAR BODY SCRUBS
- POLYMER CLAY WORKSHOP
- (ONLINE) HOW TO PLAY PIANO BY EAR
- NO-SEW HOME ACCESSORIES WORKSHOP
- MEDICARE 101
- TAKE GREAT PHOTOS WITH YOUR SMARTPHONE
- THINKING OF SELLING AND NOT SURE WHAT TO FIX, REPAIR OR UPGRADE?

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